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I'll be back

Turfed. Mayor Rob Ford to appeal judge's ruling to vacate his seat

JESSICA SMITH
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Stubbornly believing he wasn't breaking the law on conflict of interest, despite never having read it, wasn't a good enough defence for Mayor Rob Ford, a judge ruled Monday.

Justice Charles Hackland found that Ford broke the Municipal Conflict of Interest Act in a council vote last February and ordered his seat vacated in 14 days.

"Outright ignorance of the law will not suffice, nor will wilful blindness as to one's obligations," wrote the judge.

One of Ford's key defences in the legal challenge brought by Toronto resident Paul Madger was that if he did in fact break the conflict-of-interest law, he did it honestly, in an error of judgment, which is a valid defence under the act.

On the stand in September, Ford testified he knew all about conflict of interest, despite never having read the act, because his father had been an MPP.

The judge found that insufficient.

In brief remarks to a throng of reporters at city hall, Ford said he will appeal the ruling and would "fight tooth and nail" to hold on to his job. If that fails, he will run for re-election.

"I'm going to fight for the taxpayers like I always have," he said.

He blamed the outcome on "the left wing."

"This comes down to left-wing politics," he said. "The left wing wants me out of here."

Lawyer Clayton Ruby, who represented Madger, said Ford has no one to blame but himself.

Ruby said Ford should never have taken money from lobbyists for his football fund to begin with. However, it was the mayor's decision months later to take part in a council vote concerning whether he should have to pay it back that landed him in trouble with the conflict-of-interest law.

Ford's political troubles deepened later in the day when staunch ally on council Coun. Giorgio Mammoliti announced that he would be quitting Ford's executive committee in the wake of the decision.

For a history of the legal challenge and where we go from here, turn to page 4.

Quoted

"While we're pleased to have won this case, we are also saddened by it. It is tragic that the mayor of a great city should bring himself to this. Rob Ford did this to Rob Ford.... It could have been avoided if Rob Ford had used a bit of common sense and if he had played by the rules." Lawyer Clayton Ruby

Toronto Mayor Rob Ford, centre, speaks to the media at city hall in Toronto, Monday. Ford has been ordered out of office after a judge ruled Monday he broke conflict-of-interest rules. More coverage, pages 3, 4 and 8. NATHAN DENETTE/THE CANADIAN PRESS

Trans rights get REAL

Conservative group links trans people to pedophilia as Parliament considers trans human-rights bill PAGE 6

Sandy runs up NY tab of $42B

The financial toll of October's devastating superstorm is even higher than expected PAGE 14

Toronto Argos celebrated

The city honours the Grey Cup winners Tuesday with a parade through downtown PAGE 45

Late Breaking

Go to metronews.ca for results of the Durham byelection

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Rob Ford is seen at football practice Monday with the Don Bosco football team, which is at the centre of his conflict-of-interest conviction. The team practised at their school in North Etobicoke prior to Tuesday's Metro Bowl final. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Ford, friends and foes react to verdict

Conflict of interest. Deputy Mayor Doug Holyday defended Ford, former mayor John Sewell did not

Upon learning he'd been found guilty of breaking Ontario's conflict-of-interest laws and being ordered out of office, Toronto Mayor Rob Ford put on a brave face, telling reporters, "You gotta have skin on you like an alligator."

Ford's ability to let setbacks — and criticism — roll off his back was put to the test on Monday, as the stunning verdict prompted his detractors to render harsh judgments of their own.

"We need a mayor who knows how to follow the rules," said Coun. Josh Matlow. "We need a mayor who understands what their role is, what their job description is and how to fulfill it without getting into trouble every other day, no matter who that is and no matter what their political persuasion might be."

As the decision garnered attention from international media outlets and blogs, Coun. Glenn De Baeremaeker called it "a sad day for Toronto."

"Unfortunately, the world is looking at us being represented by a mayor who skips out of council meetings to coach football and is being brought before the courts," he said.

But with Ford vowing to appeal the decision, Deputy Mayor Doug Holyday said he will continue to support the mayor and his agenda. "People spoke quite loudly in the last election, saying they wanted change, and they wanted someone with a new perspective on finance. Rob brought that perspective," he told Torstar News Service.

"A group of councillors, including myself, signed on to help him deliver, and I think we've delivered pretty well, but we still have more to do."

While former mayor Mel Lastman declined to comment on the ruling — "I'm not kicking anybody when they're down," he said — John Sewell, who occupied Toronto's top job from 1978 to 1980, predicted it would have "a positive impact on the city."

"His actions were demeaning," said Sewell. "It's hard to believe that we'll ever get somebody like him (again), who seems to have such a limited ability to conceive of the responsibilities of the mayor."

At Queen's Park, Premier Dalton McGuinty tried to calm the waters. "I think the people of Toronto will ... take challenges and events that affect their city in stride, and they know that there's a process in place."

TORSTAR NEWS SERVICE

Twitterverse

The decision unleashed a flurry of jokes, celebration and bewilderment on Twitter, making #RobFord a worldwide trending term.

- "Anyone know the resale value of a used Ford?" tweeted Michael Adams, president of the Environics Institute.
- Comedian Rick Mercer was among those who used Ford's campaign promise to "Stop the gravy train" at city hall as fodder. "Someone get that man a Vodka Gravy ASAP."

Word on the street ...

News of Rob Ford's judicial ouster from office drew two main reactions Monday: People seemed either outright surprised, or professed to be expecting this because of the long history of controversy surrounding the mayor. Here are a few of the reactions.

- "I was a little surprised and a little bit embarrassed for him and for the city. It doesn't look good. When a person is an elected official, even though we're a little bit cynical sometimes about politicians, you still have the hope they're going to be people who are not indicted for bad things. I don't think he necessarily always projected well as the leader of Canada's largest city, especially in some of the comments and the things he did, which weren't very leadership-like."
– Cathy Coelho, Mississauga
- "I'm not quite shocked. It was somewhat predicted. It was good that the courts have done the right thing. I think it's up to the electorate (if he is allowed to run again). I think the electorate has to be smart enough to decide his fate."
– Anamjit Sivia
- "That's good. I don't know much about him, but I read about that (conflict of interest case). I think Toronto will be better off."
– Amelia Spdalia, Toronto

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How we got here

Paul Magder, left, and Clayton Ruby talk to the media at city hall after the judge's decision in Rob Ford's conflict of interest case Monday.
BERNARD WEIL/TORONTO STAR

August 2010

Rob Ford, then just a councillor, gets slammed by the city's integrity commissioner for soliciting donations for his football charity from lobbyists and other businesses using his official council letterhead. Ford is ordered to pay back the $3,150 he raised.

February 2012

A new report from the integrity commissioner comes before council, indicating that Ford hadn't repaid the funds. Ford, now the mayor of Toronto, gives an impassioned speech defending his right to not repay the money, and then votes — with a majority of councillors — to dismiss the matter entirely.

March 2012

Lawyer Clayton Ruby brings forward a complaint from citizen Paul Madger, alleging that Ford broke the Municipal Conflict of Interest Act when he spoke about and voted on the matter in February. With few exceptions, any elected official found in violation will be automatically removed from office, the Act states.

September 2012

Justice Charles Hackland hears three days of arguments on the case. While on the witness stand, Ford admits that he is not familiar with Council's Code of Conduct or the Municipal Conflict of Interest Act, and had skipped orientation sessions designed to familiarize councillors with the rules.

December 2012

Justice Hackland orders that Rob Ford's seat as mayor be declared vacant 14 days following the release of his 24-page decision. The judge dismisses Ford's avenues for defence, writing, "Outright ignorance of the law will not suffice, nor will willful blindness as to one's obligations." Ford says he'll appeal. MATT ELLIOTT/FOR METRO

Mayor Ford's (indig)nation

Mayor Rob Ford talks to media at city hall on Monday. Ford has been ordered out of office after a judge ruled Monday he broke conflict of interest rules. NATHAN DENETTE/THE CANADIAN PRESS

What happens next?

The longer the appeals process drags out, the more instability there will be at city hall

MATT ELLIOTT
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• Ford doesn't have as many avenues to tie this up in appeals court as you might think. His first step will be to take his case to divisional court. His legal team will need to quickly convince that court to stay the ruling beyond the 14 days granted in Monday's decision. If he gets the stay, then things continue more or less as per usual at city hall. If he doesn't, Ford can still pursue the appeal, but he won't do so while serving as mayor. Things will get messy.

• Also likely to get messy? The day-to-day business of city council. Ford's had trouble courting allies for his key policy items in the best of times, and uncertainty about whether he's even going to remain in power sure won't help. Some of his more fair-weather friends are going to quickly abandon ship if it looks like there could soon be a new mayor to cozy up to. True to form, Coun. Giorgio Mammoliti — long considered the mayor's quarterback, for his role marshaling votes — announced he would "step back" from the mayor and drop off Ford's executive committee mere hours after the judge's decision. Expect others to follow.

• Whether a stay is granted or not, Torontonians should expect an extremely rocky road as city council deals with the fallout from this decision. Previously, Ford was set to launch the city's budget process for 2013 this coming Thursday. That process includes hundreds of critical decisions relating to transit funding, property taxes, user fees, libraries and recreational programs across the city. Now, the budget is likely to be pushed to the back burner as Ford's attempts at appeal take centre stage. The ongoing legal fight could serve as the equivalent of an enormous elephant in every room at City Hall — it may be hard for councillors and staff to talk about anything else.

• The longer the appeals process drags out, the more this administration will have to deal with instability. Attempts by Ford to negotiate with other levels of government or other civic partners could be stymied by concern that he may not be the guy ultimately calling the shots.

Council's choice: Appointment versus byelection

MATT ELLIOTT
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Option 1: Possible appointees

CITY OF TORONTO

• Deputy Mayor Doug Holyday — As Ford's deputy, the veteran councillor and former mayor of Etobicoke is the natural choice — he'll automatically become interim mayor for up to 60 days if Ford isn't granted a further stay in court. He's been an ardent supporter of Ford's conservative policies throughout this term. Working against his getting the job on a more permanent basis? He's decidedly not a centrist, and doesn't have many natural friends on the left-wing of council.

• Coun. Joe Mihevc — Another council veteran, Mihevc is emblematic of the "caretaker" choice. There's little chance he'd ever consider a mayoral bid of his own, and he's shown an aptitude for working with colleagues of all stripes. Other councillors who could fill this role would include Scarborough Coun. Raymond Cho and deputy Speaker John Parker, amongst others.

FACEBOOK

• Former mayor David Crombie — Council isn't bound to choosing an appointee from the pool of elected councillors. They're basically free to choose any resident of Toronto with Canadian citizenship. That opens the door to perhaps bringing in someone like Crombie, a fondly remembered "tiny, perfect" mayor who has kept up with the issues. He served on the expert panel that sorted through the LRT vs. Subways debate earlier this year.

TORSTAR NEWS SERVICE

Option 2: Possible candidates

OLIVIACHOW.CA

• MP Olivia Chow — Unlike regular municipal campaigns, which can last for more than a year and include dozens upon dozens of debates, a mayoral byelection would be a quick 45-day affair. That means that would-be candidates need to have money and support at the ready. With the NDP machine behind her, and a huge lead in hypothetical polls, Chow's got a lot going for her.

• Coun. Shelley Carroll or Coun. Adam Vaughan (pictured) — Both councillors have been leaders amongst council's left, and outspoken critics of the Ford administration. Unlikely to run against each other, both candidates would likely struggle with the compressed timeframe of a byelection, especially if someone like Chow jumps into the race. Like other councillors who might one day have mayoral ambitions, expect them to test the waters very carefully.

CITY OF TORONTO

• Radio Host John Tory — Tory, who lost a narrow race to former mayor David Miller in 2003, has achieved sort of a mythic status as the best mayor Toronto never had. He carries a lot of weight on civic issues and, after two years of Rob Ford foibles, may offer the kind of serious, mature leadership Torontonians are looking for. But it's been hard to get him to commit.

FACEBOOK

• Mayor Rob Ford — Should Ford be allowed to run, expect to see him come out firing on all cylinders, taking aim at Toronto's left-wing and all those that he feel wronged him. The unique circumstances of his ouster may yet win him renewed sympathy from the bloc of voters he calls Ford Nation.

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‘REAL’ links trans rights to pedophilia

Gender identity. Researcher with social conservative group scheduled to give talk on Bill C-279

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A bill aimed at giving transgendered and transsexual people human rights protections has been demeaned as “the bathroom bill” before, but now a socially conservative group is telling Parliament it will give “recognition and acceptance” to pedophiles.

A researcher with the social conservative group REAL Women of Canada is scheduled to speak to the Standing Committee on Justice and Human Rights Tuesday concerning Bill C-279, which seeks to give trans people specific protection by including “gender identity” and “gender expression” as prohibited grounds of discrimination in the Human Rights Code and as criteria for hate crimes.

The group has prepared a written submission ahead of time.

One section lists groups it calls “rights-seeking activists dealing with gender identity and gender expression,” which it claims includes pedophiles.

“Beyond special rights, many demand ‘recognition and acceptance,’” the paper says. “These (groups) and further categories would fall under the umbrella of ‘gender identity’ and ‘gender expression’ and this includes pedophilia as pedophilia activists are already agitating for recognition, demanding that their sexual orientation be legally and socially accepted,” the paper says.

No one from REAL Women of Canada was available to comment Monday.

Partner organization

The REAL Women of Canada group is no stranger to controversy, and apparently also has some political power. It was recently chosen as a “partner organization” to help the government award the Queen’s Diamond Jubilee Medals.

Ottawa activist

‘Just shut up and listen’

Joanne Law, a trans woman and activist from Ottawa, will be attending the REAL Women’s presentation to the committee Tuesday.

In a way, she’s not surprised to hear REAL Women’s claims. “Not anymore,” she said. “I’m surprised they will say it in the House of Commons.”

Joanne Law METRO

Law said she’s well aware of the group’s influence.

“They can abuse us, and they can abuse us inside the House of Commons and we can’t do a damn thing about it,” she said.

If she had a chance, she’d love to say, “Just shut up and listen.”

Because of the rules of the committee, those who attend the meeting Tuesday will have to be silent as REAL Women deliver their message to government.

JESSICA SMITH/METRO

Trans community responds

Hershel Russell, a transgendered man and psychotherapist from Toronto, said the social conservative group REAL Women of Canada’s claim that Bill C-279 will give “recognition and acceptance” to pedophiles is not only completely inaccurate, it’s “ugly, straightforward discrimination.”

“We’re pretty clear at this point that being lesbian, gay, bisexual or trans has nothing whatsoever to do with pedophilia. The overwhelming majority of pedophiles are typically gendered, heterosexual men,” he said. “There’s really no question about that and it’s a really, very ugly, nasty slur.

“If the only people who are going to oppose the bill are people who are this much in favour of discrimination, I think it says something about how clearly we need to pass this bill.”

Russell also took issue with the group’s other claims, especially that trans people should receive treatment for “emotional and psychological problems,” rather than medical care and support for their transition and human rights. He points out that the Canadian Medical Association, the American Medical Association and all major physiological and psychiatric associations disagree with REAL Women’s findings.

Quoted

“This type of submission from REAL Women or other groups who use that sort of tactic indicates why explicit, clear, human rights protection for transsexual and transgendered people is indeed necessary and long overdue.”

Susan Gapka, a trans woman, activist and public policy expert

In fact, Russell said a recent Ontario-based study found that trans people’s rates of attempted suicide are high — something the REAL Women included in their paper — but the rates only stay high for trans people who have not received proper treatment for their transition, at which point they fall to approximately the same rate as the general population.

Susan Gapka, a trans woman, activist and public policy expert, said it’s very difficult to listen to the group’s claims about pedophilia, but the argument is so bad it makes her “laugh mechanism” kick in. “It’s fiction,” she said. “It’s an example of storytelling, myth-making and fear mongering.”

REAL women also claim that allowing trans people to use the washrooms of their choice puts women at risk of sexual assault, which, Gapka says, makes little sense considering that there are no laws and no guards to stop any people from entering a woman’s washroom today.

“When people hear that these are the opposition arguments to giving us the rights in the bill, they will see just how ridiculous these claims are,” she said.

Even though Gapka laughs at the claims for being shallow, she said it hurts trans people to hear them.

Ivy Black, a 17-year-old Toronto student who came out as transgendered a little over a year ago, said she thinks REAL Women of Canada’s claim shows they don’t know anything about being transgendered and likely don’t know any trans people.

“As a trans person, as a woman, I just want to be accepted and understood as a person equal to everyone else in Canada,” she said.

Black said the REAL Women of Canada’s approach to the issue of trans rights shows the group is wishing for a world they believe once existed and worked well without trans people in it and that they believe being transgendered is a sickness, not a legitimate lifestyle.

“I can kind of see where they’re coming from in upholding traditional family values and gender roles in the sense of ‘if it isn’t broken, don’t fix it’ — except that it is broken for many different individuals, and it’s becoming increasingly irrelevant to society,” she said. “We need to get beyond these labels, politically, have equal individual rights.” JESSICA SMITH/METRO

Ivy Black CONTRIBUTED

Hershel Russell CONTRIBUTED

Susan Gapka DAVID VAN DYKE/METRO

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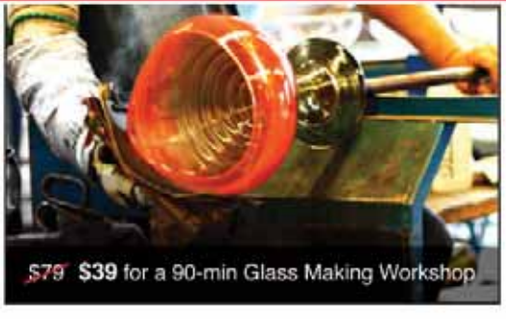

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6 mayoral mishaps

STEVE COLLINS
For Metro

Rob Ford, ordered out of office for violating conflict-of-interest rules, is only the latest in a chain of mayors to get tripped up by legal trouble.

THE CANADIAN PRESS

Joe Fontana (London, Ont.), a former Liberal cabinet minister, faces charges of fraud under $5,000, breach of trust by a public official and uttering a forged document. He's accused of misusing federal funds to book a hall for his son's 2005 wedding. Fontana says he's not guilty and won't resign.

THE CANADIAN PRESS

Gérald Tremblay (Montreal) resigned Nov. 5 in the midst of revelations at the Charbonneau Commission into corruption in Quebec, and about six months after the arrests of his ex-chief of staff and the former chair of his executive committee. Tremblay has not been charged and denies knowledge of any wrongdoing.

THE CANADIAN PRESS

Gilles Vaillancourt (Laval) resigned Nov. 9 after 23 years as mayor. He was accused by a witness at the Charbonneau inquiry of accepting kickbacks from construction firms. He hasn't been charged, but police have executed search warrants on his home, condo, offices and safety deposit boxes.

THE CANADIAN PRESS

Larry O'Brien (Ottawa) had to take time off work for his 2009 criminal trial on charges of attempted bribery and purported influence peddling. He was alleged to have offered rival mayoral candidate Terry Kilrea a job with the National Parole Board to convince him to drop out of the campaign. O'Brien beat the rap, but lost the 2010 election.

TORSTAR NEWS SERVICE

Linda Jackson (Vaughan, Ont.) ran for re-election in 2010 while still facing 68 charges under the Municipal Elections Act relating to expenses from her last campaign. She lost the election in a landslide to former Liberal cabinet minister Maurizio Bevilacqua, but finally had the last of the charges thrown out last year.

METRO

Sam Katz (Winnipeg) faces conflict-of-interest allegations in a lawsuit from Joe Chan, owner of Cathay House restaurant, alleging he improperly spent $2,915 on a 2010 city function at Hu's Asian Bistro, a competing restaurant the mayor happened to own at the time. The case goes to court April 2.

Grey Cup wager

Calgary mayor to honour bet

Calgary Mayor Naheed Nenshi.
THE CANADIAN PRESS

Calgary Mayor Naheed Nenshi says he'll honour a Grey Cup wager even though his Toronto counterpart has been ordered out of office.

A judge ruled Monday that Toronto Mayor Rob Ford violated the city's conflict-of-interest rules.

But Nenshi says "a bet is a bet is a bet," so he plans to wear an Argos jersey at a city council meeting Tuesday. He will also donate about $650 to the Toronto Food Bank.

Nenshi says he didn't want to act too quickly because he wants the Stampeders to know he's still their No. 1 fan.

Toronto beat Calgary 35-22 in Sunday's game.

THE ASSOCIATED PRESS

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Former Salvation Army exec charged in toy theft

Mr. Grinch? Police find three truckloads of the toys and are seeking a second suspect

The former executive director of a Salvation Army facility was charged Monday following the discovery of a massive cache of toys police said were stolen from the charity and bound for a booming black market.

Three tractor-trailers were found over the weekend in a warehouse in Brampton and in a facility in Toronto. It's hoped the toys can be returned to the Salvation Army in time to distribute them this holiday season, police said Monday.

The toys and other gifts and products were either taken from the Salvation Army warehouse in Toronto or diverted before they got to the facility, police say.

"It's a terrible shame when people donate their good, hard-earned money ... and these articles are now being redirected for profit. ... That's what we're alleging," said Det.-Sgt. James Gotell.

David Rennie, 51, of Toronto, has been charged with 17 counts of possession of property obtained by crime, 10 counts of theft over $5,000, seven counts of theft under $5,000, criminal breach of trust, conspiracy to commit an indictable offence and several counts relating to trafficking in stolen goods.

Police allege a company called Northern Sales Group, which they said controls the Toronto warehouse where the toys were found, was involved in a scheme to sell the Salvation Army toys and investigators said they are looking to arrest and charge a second suspect connected to the group.

Rennie is scheduled to appear in court on Jan. 4.

THE CANADIAN PRESS

Massive operation

"I haven't seen anything to this magnitude before."

Det.-Sgt. James Gotell, a Toronto investigator with 23 years of experience

Former Salvation Army executive director David Rennie was charged at 33 Division after he turned himself in Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Risk of fire. Recall expanded for certain Banana Boat sunscreens

The makers of a popular line of sun products is expanding its recall of spray sunscreens because they pose a fire risk.

A statement from Health Canada says the affected Banana Boat products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the U.S.

Health Canada is also warning that similar products from other manufacturers may also pose a risk.

The original recall has been expanded from two products to four and another affected product has been identified.

Affected products

Check your travel bags for:

- Ultra Defense SPF 30/60 Spray
- Sport Performance SPF 30/60 Spray
- Sunscreen Oil Spray SPF 15

The company, Energizer Personal Care, says the spray valves deliver more sunscreen than normal, which may remain wet and potentially flammable longer. THE CANADIAN PRESS

Deadly cocktail

Mixing grapefruit and oral meds can be lethal: Study

Grapefruit juice can interact with more than 85 oral medications, with about half of them potentially leading to severe — even deadly — consequences, finds a comprehensive review by a research team affiliated with Western University.

Chemicals in grapefruit can affect how fast certain meds, including highly-prescribed cholesterol-lowering statins, some key heart drugs and certain anti-psychotic and pain medicines, are absorbed. THE CANADIAN PRESS

"The Community Centre was the dream of Innisfil."

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OLG

Deadly blaze rips through workshop for the disabled

14 dead, 8 injured.
German Chancellor Angela Merkel 'shocked' by one of the country's deadliest fires

In this image taken from video, firefighters try to extinguish flames in a workshop for disabled people in Titisee-Neustadt, southwestern Germany, Monday. Firefighters said the fire has killed 14 and injured eight others. DAPD/KAMERA24.TV/THE ASSOCIATED PRESS

Fourteen people were killed and eight injured Monday when a fire broke out at a workshop for disabled people in Germany's Black Forest region, authorities said. Scores had to be rescued from the building as it quickly filled with smoke.

More than 100 firefighters were deployed to battle the blaze, which began at the complex in Titisee-Neustadt early in the afternoon, said Markus Straub, a spokesman for local firefighters.

Ambulances raced to the scene as smoke poured from the windows of the modern, three-storey centre in one of the country's deadliest blazes in recent memory. German Chancellor Angela Merkel is "shocked" about the loss of so many lives, her spokesman said on Twitter.

The cause of the fire was not immediately known, police and firefighters said.

The centre usually has around 120 people at any one time, said Mirko Steffl, a police spokesman in the nearby city of Freiburg.

It was not immediately clear how many people had to be rescued, but by late afternoon workers had determined that no one else remained trapped in the building, he said.

The centre employs people with mental or physical disabilities in a variety of jobs, including metalwork, woodwork and electrical installation, and it is run by the Catholic Church's Caritas organization.

THE ASSOCIATED PRESS

Taliban

Pakistani TV anchor escapes assassination

Police on Monday found and defused a bomb planted under the car of a prominent Pakistani TV anchor Mir who had been threatened by the Taliban for his coverage of Malala Yousufzai, 15, a schoolgirl shot by the militants, police said.

THE ASSOCIATED PRESS

Presumed dead

Search ends for boy swept to sea, parents also lost in attempt to rescue family dog

The U.S. Coast Guard ended a search Monday for a teenager whose parents were killed after they plunged into the cold, powerful surf in Northern California in a nightmarish chain of events that started when their son tried to save the family dog from drowning.

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Detroit. Charges upped to murder in deaths of four suspected escorts

Prosecutors on Monday charged a man arrested in May with first-degree murder in the killing of four suspected escorts whose bodies were found stuffed in the trunk of abandoned cars in Detroit last year.

James Brown, 24, has been in custody since his spring arrest on lesser charges and prosecutors have since been building their murder case against him. The victims, travelling in pairs, visited his home before their bodies were discovered on two different days last December in Detroit, police Det. Mary Whiting told a judge.

Brown said little in court and allowed his attorney to plead not guilty on his behalf.

Chikita Madison, whose 23-year-old daughter Renisha Landers was found dead in a car trunk Dec. 19 along with another slain woman, 24-year-old Demesha Hunt, said she was satisfied with the new charges and predicted Brown would be going to prison "for a long time." If convicted, he faces life in prison without parole.

On Christmas Day, six days after the bodies of Hunt and Landers were found, investigators found the bodies of two other women in their 20s, Natasha Curtis and Vernithea McCrary, stuffed in the trunk of a burning car.

THE ASSOCIATED PRESS

Police custody

Brown has been in held since May on other charges:

- Mutilation of a dead body and arson in connection to the bodies found in the cars.
- Murder was not added to the list until Monday, but prosecutors say he was long a chief suspect.

Domestic abuse. New legislation would help victims escape leases

People in Nova Scotia who have filed domestic-violence complaints would be able to get out of their residential leases early without penalty under proposed legislative changes introduced Monday.

Service Nova Scotia Minister John MacDonell said the changes to the Residential Tenancies Act would allow people who say they've been abused to get out of fixed-term or year-to-year leases with one month's notice.

John Joyce-Robinson, a director of victims services at the Justice Department, said the changes are modelled on similar legislation in Manitoba.

He said that legislation helped six to eight people in Manitoba the first year it was enacted.

The change was recommended in a 2009 government report on domestic violence. THE CANADIAN PRESS

Removing obstacles

"It allows them to move out of an abusive situation, for their health and their family's health."

Service Nova Scotia Minister John MacDonell

$100,000

Reward helps FBI capture one of 10 Most Wanted

The FBI says a $100,000 reward helped lead to the capture of a fugitive on its 10 Most Wanted list.

Jose "Joe" Luis Saenz was arrested in Guadalajara, Mexico, on Thursday and is now jailed in California.

He's charged with killing two men in Los Angeles 14 years ago, kidnapping, raping and killing the mother of his daughter for threatening to turn him in, and killing a Whittier, Calif. man in 2008 over a drug debt. THE ASSOCIATED PRESS

Pennsylvania

Eleven puppies found dead, skinned in park

Animal welfare workers say 11 puppies were found dead and skinned near a U.S. park.

The Lehigh County Humane Society says the dogs were found Friday outside Allentown, Pennsylvania.

State police are investigating.

The discovery is the second disturbing animal death in the county in less than a week. Police also say a dog was found skinned and cooked.

THE ASSOCIATED PRESS

Beauty queen killed in shootout

Sinaloa, Mexico. Authorities unsure if the 20-year-old took part in the gunfight between soldiers and drug traffickers

A 20-year-old state beauty queen was killed during a running gun battle between soldiers and the gang of drug traffickers she was travelling with in northern Mexico, the chief prosecutor of the state of Sinaloa said Monday.

The body of Maria Susana Flores Gamez was found lying near an assault rifle on a rural road in a mountainous area of the drug-plagued state. It was unclear if she had used the weapon.

"She was with the gang of criminals, but we cannot say whether she participated in the shootout," state prosecutor Marco Antonio Higuera said.

The doe-eyed, slender brunette was voted the 2012 Woman of Sinaloa in a beauty pageant in February.

Higuera said Flores Gamez was travelling in one of the vehicles that engaged soldiers in an hours-long chase and running gun battle on Saturday. Higuera said two other members of the drug gang were killed and four were detained.

The shootout began when the gunmen opened fire on a Mexican army patrol. Soldiers gave chase and cornered the gang at a safe house near the town of Mocorito. They escaped, and the gun battle continued along a nearby roadway, where the gang's vehicles were eventually stopped.

Higuera said Flores Gamez has been turned over to relatives for burial.

"This is a sad situation," Higuera told a local radio station. She had been enrolled in media courses at a local university and had been modelling and in pageants since at least 2009.

Javier Valdez, the author of a 2009 book about narco ties to beauty pageants, entitled Miss Narco, said "this is a recurrent story."

"There is a relationship, sometimes pleasant and sometimes tragic, between organized crime and the beauty queens, the pageants, the beauty industry itself," Valdez said.

"It is a question of privilege, power, money, but also a question of need," said Valdez. "For a lot of these young women, it is easy to get involved with organized crime in a country that doesn't offer many opportunities for young people."

The stories seldom end well. In the best of cases, a beautiful woman with a tear-stained face is marched before the press in handcuffs. In the worst of cases, they simply disappear.

"They are disposable objects," he said.

THE ASSOCIATED PRESS

Miss Narco

Flores Gamez was at least the third beauty queen linked to Mexico's gangs.

- **Laura Zuniga,** former Miss Sinaloa, was detained on suspicion of drug and weapon violations in 2010. She was stripped of her crown.
- **A former pageant contestant** was detained in 2011 along with Jose Jorge Balderas, an accused drug trafficker and shooting suspect.

Maria Susana Flores Gamez in April 2012. GLADYS SERRANO/THE ASSOCIATED PRESS

A nation cries out in pain

Promess Bitibo, 12, injured last week by bullet wounds to the abdomen, grimaces as he is dressed by a nurse at the Heal Africa hospital in Goma, Congo, on Monday. Rebels widely believed to be backed by Rwanda and Uganda held their positions in this key eastern Congolese city that they seized last week, letting a midnight deadline for their withdrawal expire in the early hours of Tuesday. For the first time since the fall of Goma eight days ago, the Congolese government acknowledged that it had entered talks with the rebels who handed Congo's military its most humiliating defeat since Goma was last overrun nearly a decade ago.

JEROME DELAY/THE ASSOCIATED PRESS

Que. contracts got Canadian tax dollars: Review

Nationwide. Analysis shows taxpayers Canada-wide funded projects cited for corruption in Quebec

Taxpayers across the country had their money spent on Quebec construction projects identified at an eye-opening corruption inquiry as suffering cost overruns through collusion schemes, a review of contracts by The Canadian Press has revealed.

A search through public contracts tabled at the province's corruption inquiry has revealed numerous cases where federal money went to projects whose price tag was, according to witness testimony, inflated by scams.

The 91 contracts reviewed had been tabled at the inquiry in recent weeks as a pair of witnesses — a disgraced construction boss and Montreal city official — walked the commissioners through their role in the bid-rigging process.

A subsequent scan through those contracts has shown that at least 15 received federal funding, with the federal contribution in each case ranging from under $200,000 to more than $700,000.

The inquiry is still underway, but it has already prompted the resignation of the mayors of Montreal and the big suburb next door, Laval. THE CANADIAN PRESS

Not proven

The allegations made inside the inquiry have not been proven in a court of law, and could be subject to contradictions in the remaining months of testimony.

Former construction boss Lino Zambito testifies before the Charbonneau inquiry probing corruption and collusion in Quebec's construction industry on Oct. 1 in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Support. Opposition sides with military ombudsman over access to records

The federal Opposition has accused the Harper government of obstructing the work of the military ombudsman following reports Pierre Daigle was stonewalled in his request to view cabinet documents during several recent investigations.

NDP critic Matthew Kellway says Daigle is one of a growing list of watchdogs who are being prevented from doing their jobs.

The military ombudsman says he believes his mandate allows him to look at secret cabinet documents, as long as he doesn't report on their contents.

However, he was blocked when his staff asked for documents related to the inability of National Defence to deliver on a promise to increase dismemberment coverage for part-time soldiers. THE CANADIAN PRESS

On the defence

- **No hindrance.** Defence Minister Peter MacKay flatly denied the ombudsman is being hindered and told the House of Commons that the department has an open and productive relationship with Daigle.
- **Similar fight.** Former veterans ombudsman Pat Stogran ran into a similar fight with the Conservatives and obtained a legal opinion that said his mandate allowed him to look at secret documents, as long as they were used for context only.
- **Work continues.** MacKay says the government will continue to work with the ombudsman within the scope of his mandate and the law.

Race gets bigger

Vancouver MP to run in Liberal leadership race

Vancouver MP Joyce Murray is joining the federal Liberal leadership contest with a daring call for co-operation with other progressive parties in the next election to ensure defeat of Stephen Harper's Conservatives.

Murray says she believes Liberals, New Democrats and Greens should have the option of conducting run-off nominations to choose a single candidate in tightly contested ridings where a united progressive front would guarantee defeat of the ruling Tories.

She is the first contender to broach the controversial idea, which is consistent with her broader pitch that she is a collaborative politician. THE CANADIAN PRESS

Court battle

Que. mayor fights to save Catholic heritage

A Quebec municipality was in court fighting to keep prayers at city council meetings and it kicked off its case Monday by citing the preamble to the Constitution. Saguenay's colourful mayor, Jean Tremblay, says he's fighting to preserve the province's Roman Catholic heritage.

Tremblay launched a fundraising drive to fight the court case, which started after a complaint from a local resident.

The Quebec human rights tribunal had ordered the prayers be stopped, the crucifix in the city council chamber be removed and that damages be paid to the citizen who complained.

THE CANADIAN PRESS

Chief engineer Mike Lahm takes a look Friday at the water damage caused by Superstorm Sandy to the basement of 120 Wall St. in New York City. Parts of Lower Manhattan's Financial District are still labouring to recover nearly a month after Sandy. TINA FINEBERG/THE ASSOCIATED PRESS

Sandy damage to New York $42B: Governor

Hard times. State and city governments were already facing deficits of more than $1 billion before Sandy hit

Superstorm Sandy ran up a $42-billion US bill on New York, higher than expected, and the state and New York City are making big requests for disaster aid from the federal government, the state's governor said Monday.

Gov. Andrew Cuomo said the cost includes $32 billion for repairs and restoration but also includes an additional accounting of $9 billion for mitigation of damage and for preventive measures for the next disastrous storm.

New York City Mayor Michael Bloomberg announced earlier that Sandy caused $19 billion in losses in New York City, which is part of the $30-billion estimate Cuomo used.

The mayor is asking federal lawmakers to put up nearly $10 billion to reimburse government agencies and private businesses. That would be additional funding over the $5.4 billion in standard disaster aid that the city projects it will receive from the Federal Emergency Management Agency.

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Ways to Pay off a Mortgage Faster

Become mortgage-free sooner with these tips.

There are several ways to reduce your mortgage debt and pay-off your mortgage faster. Some of these variables include: interest rates, payment frequency, amortization period, and extra payments. By managing these factors, you can get the most out of your mortgage, pay the least amount of interest possible and most importantly, becoming mortgage-free.

Choose a shorter amortization period: The longer the amortization period, the more interest paid and the longer it will take to become mortgage-free. A shorter amortization period will make regular mortgage payments higher, as the number of mortgage payments is being reduced. If you're able to afford higher monthly payments, consider selecting a 15 to 20-year amortization period instead of a 25-year period.

Bi-weekly payments: Selecting biweekly mortgage payments instead of monthly or bi-monthly payments equals two additional payments each and every year. This may not seem like much, but over the course of your mortgage it adds up. For a small change, biweekly payments produce big results.

Additional payments: Paying more on your mortgage is always a good idea; particularly since any additional payment will go directly towards paying off the principle and not toward interest – which immediately and significantly reduces your amount owing. Look for mortgages that allow you to increase your monthly payment or pay in lump sums. Many mortgages allow this annually to a maximum of 20% of the principle. If you also need to build up you retirement fund then consider contributing all you are able to your RRSP and using your tax refund towards your mortgage for double the benefit.

Refinance: As mortgage rates fluctuate, consider refinancing your mortgage to lower your payments and reduce the amount of interest. While refinancing, it may be a good time to reduce the amortization period and save even more.

Put it all Together. By combining the above techniques – shorter amortization, biweekly payments, additional payments and refinancing mortgage rates – you can save a significant amount in interest costs and cut your mortgage repayment.

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Carla Bruni supports gay marriage, adoption plan

France's former first lady. Bruni echoes majority French opinion on gay rights

Carla Bruni
FRANCOIS DURAND/GETTY IMAGES FILE

France's former first lady Carla Bruni says she disagrees with her conservative husband Nicolas Sarkozy and supports a plan to allow gay marriage and adoption.

In an interview with the French edition of Vogue for its December issue, the 44-year-old singer and supermodel said: "I'm rather in favour because I have a lot of friends — men and women — who are in this situation and I see nothing unstable or perverse in families with gay parents."

France's Socialists are pushing a bill that could see gay marriage legalized early next year. Though surveys have found that the majority of French people favour gay marriage, there has been a vocal backlash from religious leaders, voters in rural areas and ex-President Sarkozy's own UMP party.

THE ASSOCIATED PRESS

Death row

Judge rejects inmate's request to delay execution on obesity grounds

A condemned killer trying to delay his execution because of his extreme weight hasn't raised enough new issues to warrant the legal challenge, a federal judge ruled Monday.

Death row inmate Ronald Post, who weighs more than 180 kilograms is asking the courts to stop his January execution on the grounds his weight could cause him to suffer severe pain during the procedure.

Post is prohibited from challenging his execution by injection because he raised similar claims in his first set of federal appeals in 1997, Judge Lesley Wells said Monday. In general, death row inmates are only allowed one federal appeal when alleging the same set of facts.

THE ASSOCIATED PRESS

Extreme eating

Roach body parts caused contestant to choke to death: Medical report

A Florida man choked to death after downing dozens of live roaches to win a contest earlier this year in which the grand prize was a python, according to an autopsy released Monday.

Edward Archbold, 32, of West Palm Beach died as a result of "asphyxia due to choking and aspiration of gastric contents," according to the report released by the Broward County medical examiner's office. It said his airway was obstructed by the roach body parts, which caused him to not be able to breathe.

"It's hard to even think about it," said Kim Crawford, co-owner of Busch Canvas & Interiors where Archbold worked for four years.

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Carney to helm Bank of England

Crossing the pond. Canada's central banker is 'going to where the challenges are greatest'

Bank of Canada governor Mark Carney addresses a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England. FRED CHARTRAND/THE CANADIAN PRESS

Mark Carney is leaving the Bank of Canada for one of the most storied financial positions in the world — to take over the Bank of England at a pivotal time in its 318-year history.

The announcement shocked observers on both sides of the pond, particularly as Carney had previously played down reports he was being considered, as he also played down rumours about joining the International Monetary Fund and the Liberal Party.

But the Bank of England rumours turned out to have substance, although Carney on Monday said he had not formally applied for the job and only made the decision in the last two weeks. He insisted he was not leaving Canada in the lurch for the big job, however.

"We have a system that works very well. It's been tested under the biggest economic and financial shock we'll ever see in our lifetime and it has passed that test," he told reporters. "I'm going to where the challenges are greatest because I'm confident that the strengths are as deep and as broad as they are here in Canada. I could not do it any other way."

Finance Minister Jim Flaherty called Carney his "friend" and admitted the news was "bittersweet."

"It is our loss, of course it is. Mark has been a superb governor of the Bank of Canada for more than five years, so his loss will be felt." THE CANADIAN PRESS

Milking time at the European Parliament

Police officers are sprayed with milk by dairy farmers during a demonstration in front of the European Parliament building in Brussels on Monday. Farmers from across Europe drove their tractors into the city for a two-day demonstration to protest against what they believe are unfair milk prices. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Personal finance

Ottawa increases limit on tax-free savings accounts

Ottawa says Canadians will be able to be able to contribute an additional $500 a year on their Tax Free Savings Accounts starting Jan. 1. That means Canadians can put in $5,500 a year, with any investment income earned not subject to taxation while it remains in the TFSA. The increase will be the first adjustment in the contribution limit since TFSAs were created in 2009. THE CANADIAN PRESS

Detroit-Windsor bridge

New crossing will spur job creation, governor says

Michigan Governor Rick Snyder was in Toronto Monday to whip up enthusiasm for the new bridge linking Windsor and Detroit.

"I'm quite confident that this new bridge crossing will be the largest, busiest freight crossing between our two countries, potentially for the next hundred years," he said, adding that it will spur the creation of tens of thousands of jobs. TORSTAR NEWS SERVICE

Market Minute

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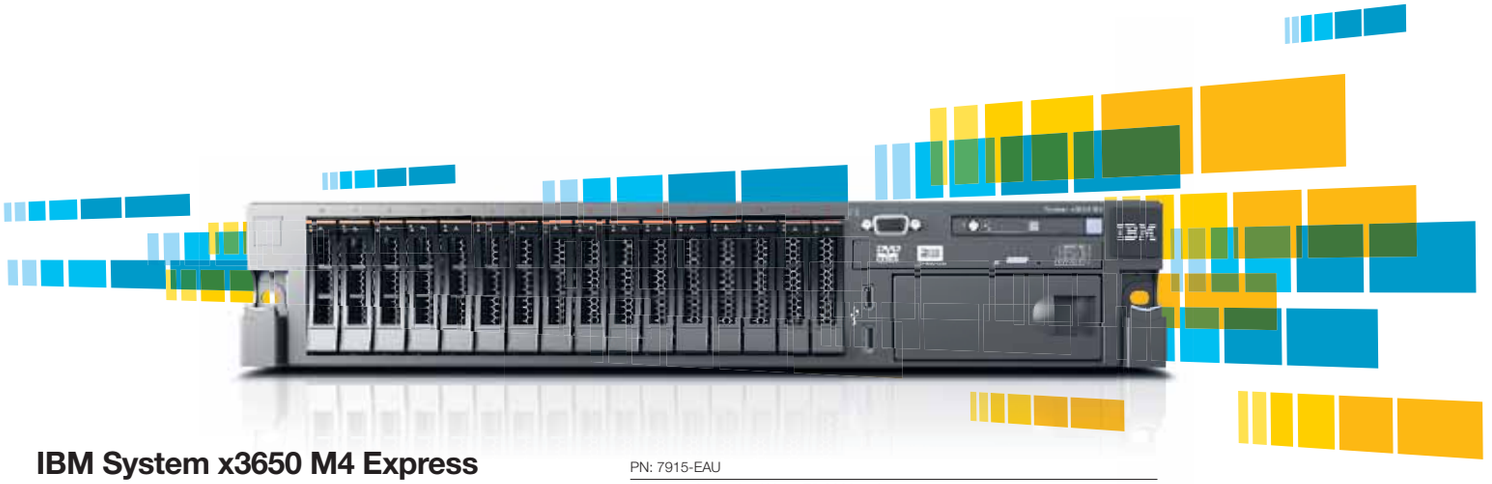

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1. TBR Report – "IBM System x® x86 servers: Meeting the demands of today's enterprises by combining value and support," January 2012. **2.** Source: Intel Performance comparison using SPECfp*_rate_base2006 benchmark. Baseline score of 267 on prior generation 2S Intel® Xeon® processor X5690 (3.46 GHz, 6 core, 12MB L3, 6.4 GT/s, 130W) based platform published at www.spec.org as of 6 Sept 2011. Estimated new score of 486 on 2S Intel® Xeon® processor E5-2690 (2.90 GHz, 8 core, 20MB L3, 8.0 GT/s, 135W) based platform is based on Intel internal measured estimates as of 6 Sept 2011 using two Intel® Xeon® processor E5-2690, Turbo Enabled, EIST Enabled, Hyper-Threading Enabled, 64 GB memory (8 x 8 GB DDR3-1600), Red Hat® Enterprise Linux Server 6.1 beta for x86_6, Intel® Compiler 12.1. **3.** x3650 M4 supports up to 768 GB of memory using 32 GB LRDIMMs in it 24 memory slots. Previous generation x3650 M3 supports up to 192 GB of memory. **4.** Ships with 4 1 Gb Ethernet ports standard and supports integrated slot-less 10 Gb Ethernet with Virtual Fabric. Previous generation server includes 2 1 Gb Ethernet slots and requires use of a PCI Express slot to support 10 Gb Ethernet. *Available later in 2012. IBM hardware products are manufactured from new parts or new and serviceable used parts. Regardless, our warranty terms apply. For a copy of applicable product warranties, visit http://www.ibm.com/servers/support/machine_warranties. IBM makes no representation or warranty regarding third-party products or services. IBM, the IBM logo, BladeCenter, System Storage, Storwize and System x are registered trademarks of International Business Machines Corporation registered in many jurisdictions worldwide. Other product and service names might be trademarks of IBM or other companies. For a current list of IBM trademarks, see www.ibm.com/legal/copytrade.shtml. Intel, the Intel logo, Xeon and Xeon Inside are trademarks of Intel Corporation in the U.S. and other countries. All prices and savings estimates are subject to change without notice, may vary according to configuration, are based upon IBM's estimated retail selling prices as of 11/06/12 and may not include storage, hard drive, operating system or other features. Reseller prices and savings to end users may vary. Products are subject to availability. This document was developed for offerings in Canada. IBM may not offer the products, features, or services discussed in this document in other countries. Contact your IBM representative or IBM Business Partner for the most current pricing in your geographic area. © 2012 IBM Corporation.

WHEN DID I START WORRYING ABOUT MOM AND DAD?

SHE SAYS...
Jessica Napier
metronews.ca

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheque and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal, and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred, young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

Shouldn't you be eating more green vegetables, mom and dad? Maybe cut back on the drinking and give up that occasional cigarette habit? Perhaps you should start incorporating some more exercise into your daily routine and try to be a bit more careful with your finances.

My parents aren't elderly by any means, but they weren't exactly teenagers when they had me. It's probably not necessary, but I find myself fretting more about their ability to take care of themselves. I feel compelled to check in on them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred, young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly-protective worriers. After all, a few small changes now could result in a few more years together, and I want mom and dad to be around as long as possible.

Follow Jessica Napier on Twitter @MetroSheSays

After so many years of them looking after us, the roles reverse — and we are suddenly wrapped up in our parents' wellbeing. MH.XBHD.ORG/FLICKR

The Queen's very hairy encounter

DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. METRO

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. METRO

The barracks history

- Founded in 1804, the barracks comprises more than 20 acres and is located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.

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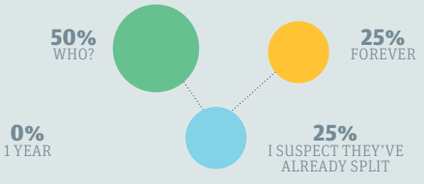

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DVD review

Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL

The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere.

But after The Hobbit: An Unexpected Journey hits theatres, there's more work to be done.

Weta Digital is the centrepiece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for making major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however, while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes props and costumes.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

THE ASSOCIATED PRESS

Big business

The New Zealand government calculates that feature films contribute $560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about $100 million toward the $500 million production costs of The Hobbit trilogy.

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Casablanca still evokes images of a pining Bogart

Play it again. For North Americans, Moroccan city is still known best for its association with iconic film

Casablanca's Rick's Café pays tribute to the 70th anniversary of the film Monday. THE ASSOCIATED PRESS

Seven decades after the premiere of the film classic Casablanca, the Moroccan port city remains firmly associated in many people's minds with the movie, even though Rick's Café Americain, where much of the story took place, was a pure creation of Hollywood.

Casablanca, a story of love and intrigue during the Second World War, premiered Nov. 26, 1942. Today, the city is a vibrant, noisy metropolis of four million people and Morocco's commercial capital, nothing like the wartime colonial outpost depicted in the iconic movie, which starred Humphrey Bogart as Rick.

But a trip through the city's swanky lounges and dive bars can still evoke the spirit of the cafe from the movie. There's even a real-life Rick's Café here, founded by an American expat.

In the film, Rick's Café Americain, an expansive space spanned by low arches, had it all — a casino, singers, full brass band and round tables where guests hunched conspiratorially, drinking and talking about resisting the Nazis or getting exit visas to flee to America.

For decades after the war, Casablanca was filled with jazz clubs and cabarets that hosted the likes of Dizzy Gillespie, Louis Armstrong and Josephine Baker. The movie's pianist, Sam, would have fit right in.

But the last jazz club closed in 1984 amid conservatism and a turn away from Western music. Downtown bars fell into disfavour. At the same time, rural migrants flooded in looking for jobs. Cheap, ugly, unregulated high rises sprung up as the city mushroomed.

Tourists passing through the city looking for Rick's in those years were often disappointed. But in recent years, more nightspots have opened, including, in 2004, Rick's Café.

"I was amazed in my four years here that no one ever thought of establishing a Rick's Café," recalled its owner, Kathy Kriger.

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‘Unfilmable’ books can make for some great movies

New era. Technology advances and daring filmmakers have pushed the envelope on thoughts of what belongs on-screen

It would appear that labelling a book unfilmable is a surefire way to get a filmmaker’s attention. How else to explain the multitude of book-inspired features currently at the multiplex, a good number of them drawn from challenging literary works chock full of the very things popular cinema generally tries to avoid?

Rambling storylines, monumental themes, complex structures, detours into wild fantasy and innumerable characters are proving little impediment to the perennial search for the next big blockbuster.

Last week, Yann Martel’s long-considered-unfilmable tale Life of Pi came to theatres as a 3-D spectacle, the painstaking work of Oscar-winning director Ang Lee. It follows the ambitious adaptations of David Mitchell’s literary puzzle Cloud Atlas and Salman Rushdie’s magical, historical tale Midnight’s Children. And next month, theatres welcome a big screen take on J.R.R. Tolkien’s fantasy-laden The Hobbit while January will see Jack Kerouac’s meandering Beat Generation novel On the Road.

As film critic and curator Jesse Wente notes: “A book is only unfilmable until someone makes a movie of it.”

Whether that adaptation is a good film or not is another question entirely. Reaction has been mixed to the cinematic incarnations of the two-hour-and-43-minute Cloud Atlas and the two-and-a-half-hour Midnight’s Children — each elaborate ventures that faced challenges in wrestling their narratives into script form.

“Not all the ideas from the page are going to work on screen and not all the ideas of the screen flow to the page. I think it’s the magic that occurs in the middle that makes it,” says Wente. “Totally filmable books can end up as appalling movies and unfilmable books can win Oscars.”

Writer/director Lana Wachowski faced the daunting task of adapting Cloud Atlas to the screen. THE CANADIAN PRESS

An explosion of digital movie-making tools has allowed for even more “unfilmable” books to hit the big screen, he adds.

“All sorts of what we now are calling populist cinema wasn’t possible 20 years ago, or at least wasn’t possible in the same way and with the same sort of vision,” says Wente.

The computer generated imagery on display in Life of Pi certainly didn’t exist when the book came out in 2001. It’s a big reason its Saskatoon-based author says he had a hard time imagining how a film could be made from his Booker Prize-winning tale. Plus, so much of the story unfolds through reflection, with the hero Pi struggling with deep philosophical questions — hardly the stuff of box office smashes. “Those are easy words to write on the page. But how would one bring them to life on the screen?” Martel writes in the forward to the behind-the-scenes book, The Making of Life of Pi. “The challenge seemed forbidding. Who would be crazy enough to try?”

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They're still Rolling: Stones storm London for 50th anniversary show

Next stop: NYC. They made it this far and they're not slowing down

Mick Jagger, front centre, Ronnie Wood, left, with Keith Richards and Charlie Watts of The Rolling Stones perform at the O2 arena in east London on Sunday. JOEL RYAN/THE ASSOCIATED PRESS/INVISION

The verdict is in: The Rolling Stones are back. They may look old, but they still sound young.

That was the consensus Monday as Britain's rock critics responded to the Stones' 50th anniversary bash Sunday night, the first of five shows to commemorate their half century of rhythm and blues-tinged rock. It was the band's first London performance in five years, and their own advancing years had led some to be skeptical that they could still perform at the highest level.

They were led by the seemingly ageless Mick Jagger, whose strutting style has not been dimmed, and backed by brilliant guitarists Keith Richards and Ronnie Wood and the energetic drumming of Charlie Watts, who is now past 70 but shows no sign of slowing down. There was a stunning guest appearance by former Stone Mick Taylor, who stole the show during a searing performance of Midnight Rambler and a brief visit from former bassist Bill Wyman.

The Daily Mail's Jan Moir said the Stones had somehow beaten the aging process: "You might imagine that they had been worn down by life, by wives, by arthritis, by scandals old and new, by drugs, but no — they seemed indestructible." She said their swampy, gritty sound remains unique after half a century.

Daily Telegraph reviewer Neil McCormick said the band exceeded all expectations. He described the weaving of the guitarists, mixed with Jagger's blues harmonica, as a wonder.

"When looking for the secret of the Stones, it is perhaps that they actually listen to each other while they play, and almost lose themselves in it, while their brilliant frontman keeps it all together," he wrote.

Ebullient fans agreed with this assessment, as did the Guardian newspaper, which gave the performance four out of five stars.

Jagger, in skin-tight black pants, a sparkly tie and a matching checked jacket and hat, took time out from singing to thank the crowd for its loyalty.

Quoted

"It's amazing that we're still doing this, and it's amazing that you're still buying our records and coming to our shows."

Mick Jagger

"It's amazing that we're still doing this, and it's amazing that you're still buying our records and coming to our shows," he said. "Thank you, thank you, thank you."

Lead guitarist Keith Richards, whose survival has surprised many who thought he would succumb to drugs and drink, was blunter: "We made it," he said. "I'm happy to see you. I'm happy to see anybody."

But the band's fiery music was no joke. The show was fuelled by strong guest appearances by Taylor, Mary J. Blige — who shook the house in a duet with Jagger on Gimme Shelter — and Jeff Beck.

The 50th anniversary show, which will be followed by one more in London, then three in the greater New York area, lacked some of the band's customary bravado — the "world's greatest rock 'n' roll band" intro was shelved — and there were some rare nostalgic touches.

The concert began with some early Stones' numbers rarely heard in concert, including the band's cover of the Lennon-McCartney rocker I Wanna Be Your Man and a cover of It's All Over Now, written by Bobby and Shirley Womack.

They didn't shy away from their darker numbers, including Paint It Black and Sympathy for the Devil — Jagger started that one wearing a slightly silly black, purple-lined faux fur cape that conjured up his late '60s satanic image.

He even cracked a joke about one of the band's low points, telling the audience it was in for a treat: "We're going to play the entire Their Satanic Majesty's Request album now," he said, referring to one of the band's least-loved efforts, a psychedelic travesty that has been largely, mercifully, forgotten.

He didn't make good on his threat.

Jagger seemed more mellow than usual, chatting a bit about the good old days and asking if there was anyone in the crowd who had seen them in 1962, when they first took to the stage.

He said 2012 had been a terrific year for Britain and that the Stones nearly missed the boat, playing no role in the celebration of the Queen's Diamond Jubilee, the London Olympics or the new James Bond film.

"We just got in under the wire," he said. "We feel pretty good." THE ASSOCIATED PRESS

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James D'Arcy shows us his murderous side

Hitchcock. Actor who portrays Psycho's Anthony Perkins in new film says he didn't want to get stuck down the 'nasty cul-de-sac' of impression

HEIDI PATALANO
Metro World News in New York

James D'Arcy isn't one for impersonations. Though he has played King Edward in Madonna's W.E. and more recently Anthony Perkins in Sacha Gervasi's Hitchcock — in theatres now — the British actor is hesitant to claim an ability to mimic the famous personalities he's played.

"I think you don't get too bogged down, in that it's not a documentary," he says.

"Firstly you've got to serve the script ... then after that, you try to be respectful and as honest as one can. I've never met either of (the real life people I've played) so it's very difficult. I think you get stuck down that nasty cul-de-sac if you try and do an impression."

Playing the timid Perkins, whose name was to become synonymous with Norman Bates after he played the fictional killer in Alfred Hitchcock's 1960 film, Psycho presented its own challenges.

Hitchcock follows the titular master of suspense as he develops and shoots his most famous film.

The story is largely Hitchcock's, exploring how famed murderer Ed Gein became his inspiration and how the landmark film affected his relationship with longtime collaborator and wife, Alma Reville. The relationship between Hitchcock and Perkins was surprisingly a positive one, though only hints of it are shown in the film.

"Hitchcock was very collaborative with Tony Perkins and I didn't think that was the way Hitchcock operated at all," D'Arcy says.

"It was quite a surprise to discover that and the photographs of them together — you see of them together while they're shooting the movie, they're really friendly."

The same could be said of D'Arcy and the man playing his on-screen director, Anthony Hopkins. Almost unrecognizable in his prosthetic mask, contacts and fat suit, the knighted actor's thoroughly convincing costume made him far less imposing to D'Arcy than he otherwise would have been.

"It was so good that it didn't feel like Anthony Hopkins," he admits. "In fact, we've become quite good friends since the movie finished and it's still weird seeing him as Tony, as him with blue eyes, really great piercing blue eyes. When we were working together, (and he was in costume,) he was very corpulent and had brown eyes. He looked completely different. You couldn't really see Tony in there at all."

Memories of Hitchcock

- **The first time James D'Arcy saw a Hitchcock film.** "I was 13 and I didn't want to watch it. I knew it was a horror. I knew something about Psycho. My mum, I think, told me that when she'd seen it, people had fainted in the cinema and people had run out screaming. So I knew about this really scary film and I don't like horror movies. I was staying at a friend's house and I was lying on the couch. He literally sat on me and made me watch. He sat on me for the whole movie and made me watch it and if I kind of covered my eyes he'd pull my arm away. So that's my first memory of Alfred Hitchcock and Psycho."

James D'Arcy plays Anthony Perkins in Hitchcock. HANDOUT

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Charles ALL PHOTOS GETTY IMAGES

Charles in charge? Not anytime soon, it seems

Prince Charles, who recently celebrated his 64th birthday, may be growing tired of being the longest-waiting heir to the throne in British history, as his 86-year-old mother, the Queen, shows no sign of stepping down.

"Impatient? Me? What a thing to suggest! Yes, of course I am," Charles joked with reporters recently, according to the Telegraph. "I'll run out of time soon. I shall have snuffed it if I'm not careful."

The Word

Lohan wants more small screen action

THE WORD
Dorothy Robinson
scene@metronews.ca

If you didn't catch the masterpiece that was Sunday night's Liz and Dick on Lifetime, you missed out on the pop culture phenomenon of the month. Critics had a mighty fine time lambasting what was to be Lindsay Lohan's return to acting prominence. Instead, her performance seemed like it was best suited for community theatre, if community theatre were held in a prison.

But Lohan will not let a little thing like public ridicule get her down— RadarOnline.com is reporting that now that she's gotten a taste of TV, she wants her own sitcom.

"Lindsay has asked her manager and agent to look into getting her her own television sitcom," a source tells the website.

"Lindsay feels that the small screen would be a great way for her to revitalize her acting career and that a comedy would be the best bet. Lindsay feels most comfortable doing comedy and it was Charlie Sheen that told her she should do it. Charlie told Lindsay that it was an easy way to make very good money and help her to get her movie career back on track. Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

And honestly, judging from the attention Liz and Dick received, I'm sure Lifetime got some of the best ratings it has seen in years. So maybe it will be Lohan who will get the last laugh? (Ed note: Actually, no, scratch that ending. We'll all still be laughing about Liz and Dick for a long, long time.)

I just play one on TV...

"Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

Source speaking to RadarOnline.com

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Miley Cyrus

Save a pig, fête a Cyrus: PETA sponsors oinker for Miley's milestone

Animal-friendly actress Miley Cyrus turned 20 last week, and to celebrate the occasion animal rights group PETA got her a pig. Sort of. The group sponsored a pig in her honour named Nora at a Florida farm that provides refuge to neglected or abused animals, the group announced.

"PETA knew that sponsoring a rescued pig was the perfect birthday present for a young woman who spends so much time encouraging others to help animals," a PETA spokeswoman says.

Oh brother: Anne sees man in mirror post-haircut

Anne Hathaway

After Anne Hathaway chopped off her long brunette locks for the film Les Miserables, she discovered an unexpected family resemblance.

"When I eventually looked in the mirror I just thought I looked like my gay brother," Hathaway told a preview screening audience in New York, according to the Hollywood Reporter.

Twitter

@DitaVonTeese
After heat waves in LA, India & Bangkok, it feels nice to be in chilly London, reunited with my seamed stockings & long leather gloves

@Real_Liam_Payne
Okay bored of constant news articles... I'm not dating Leona ... My YouTube channel isn't for a solo career and I didn't insult Kim k...Pow!

@ParisHilton
How do you guys like my new Twitter profile pic and background?

@WhitneyCummings
Can you take an Ambien and a Lunesta? Please answer an hour ago.

Chris Brown

Chris mess: Brown backs out of Twitter tussle

Chris Brown took on a Twitter critic — and lost. The temper-tantrum-prone singer deleted his official Twitter account over the weekend after a lengthy and expletive-filled back-and-forth with comedian and writer Jenny Johnson. Toward the end of the row, Johnson made reference to Brown's 2009 arrest for assaulting girlfriend Rihanna, writing, "I have zero respect for a person who seems unapologetic for the terrible crime he committed and shows no signs of changing," to which Brown responded, "Just ask Rihanna if she mad." Brown has been spending time with Rihanna in Europe recently, which would lead one to believe that she is not, in fact, mad.

Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

EMMA GODMERE
life@metronews.ca

By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, national clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Beaubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."

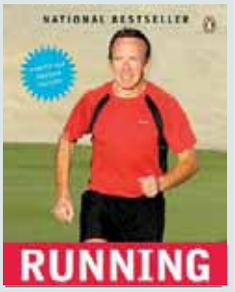
Start your training off on the right foot. ISTOCK PHOTOS

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.

Winter running tips



Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, Running: Complete Guide to Building Your Running Program.

1 **Adjust the intensity of your workout.**

2 **Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.**

3 **Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.**

4 **Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.**

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

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Butting out the myths surrounding cigarettes

Risk factors. People as young as 30 are seeing cardiac arrests after just a few years of puffing on their smokes

LINDA CLARKE
Metro World News

The myth that the effects of cigarette smoking take decades to cause organ damage is far from the truth.

"We often see acute plaque ruptures in people in their 30s who have no other risk factor," says Dr. Sameer Sayeed, a cardiologist with Columbia Doctors, the physicians and surgeons of Columbia University. "They even go into cardiac arrest. Sometimes we can resuscitate, sometimes we can't."

"From a cardiology perspective, we see the worst effects of smoking," he continues. "The toxins in cigarette smoke erode the artery walls and cause ruptures. If they survive, we can use stents. But if they don't stop smoking, those stents get blocked quickly."

The effects of cigarettes can happen quicker than you think. ISTOCK PHOTOS

Such is the addictive quality of nicotine that many smokers don't quit until their health has deteriorated to the point of permanent organ damage — and some continue even after surgery.

"Smokers who make it to their 50s and 60s, that's when we see all the heart's blood vessels damaged — and it's not fixable by stents," says Sayeed. "That's when we have to do bypass surgery. Some older smokers who get lung cancer that heals still don't stop smoking. They think, 'I beat it once, I can beat it again.'"

Many smokers often quote elderly relatives or neighbours in their 90s who smoked all their lives and evaded disease, but Sayeed says these people are rarities.

"Lung and heart disease doesn't happen to all," he says.

"Some people are resistant due to something in their genetics. They are lucky. But they are few."

Quitting smoking

Here are Dr. Sayeed's thoughts on some popular aids out there

- **Chantix, a prescription medication.** "We use Chantix as long as the side effects are tolerable. Some people can't tolerate the nightmares (it's linked to), and it is expensive."
- **Nicotine patches.** "They are less expensive than Chantix. We have a good success rate with them."
- **Electronic cigarettes.** "Electronic cigarettes work in giving the smoker that hand-to-mouth satisfaction."

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Using good omega-3s to help battle post-partum depression

Health concerns. New mothers are shown to have low levels of omega-3 for at least six weeks after they've had their child

CELIA MILNE
wellness@metronews.ca

Are you getting enough omega-3s?

These "good fats" have long been known for their heart-healthy benefits. Now a Canadian study has found they may also help women avoid depression after giving birth.

Omega-3s are found in fish, walnuts, flaxseeds, flaxseed oil, cod liver oil and kiwis.

"We suggest that if pregnant women are unsure whether they consume enough food rich in omega-3 or if they are at risk of post-partum depression (a past personal or family history of depression are strong predictors), they should discuss these issues with their family doctor or obstetrician" says Dr. Jean Séguin, professor and research director in the department of psychiatry at the University of Montreal.

Post-partum depression affects between 10 per cent and 15 per cent of mothers.

And the milder, post-partum blues can affect as many as 84 per cent.

Omega-3 stores are transferred from mother to the developing fetus during pregnancy and later to her infant through breastfeeding.

A mom's omega-3 levels remain low for at least six weeks after the baby is born.

Compounding the problem, many Canadians are deficient in these essential fatty acids.

Authors of the study say that a four-fold increase in fish consumption is necessary to bring average omega-3 intakes up to recommended standards.

Séguin suggests women consume at least 150 grams (five ounces) of cooked fish each week, as recommended in Canada's Food Guide.

The study was published recently in the Canadian Journal of Psychiatry.

Flaxseeds are a good source of omega-3s. ISTOCK PHOTOS

Best Health

Caffeine: how much is too much?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we look beyond the headlines.

At press time on our December issue, on newsstands now, the U.S. Food and Drug Administration was reportedly investigating five deaths and one heart attack in the U.S. for their possible connection to consumption of an energy drink. A 24-ounce can of the drink has 240 mg of caffeine, according to the company.

Energy drinks are not yet clearly labelled with nutritional information, including caffeine.

Last October, our federal government announced new measures to provide Canadians with more information about energy drinks, which up until that point were classified as Natural Health Products and were not required to put nutrition labels on their products.

Under the new measures — scheduled to be in effect by late 2013 — Health Canada also moved to limit the amount of caffeine in an energy drink to 180 mg in a single serving.

Caffeine is actually good for you, in moderation. But too much can be harmful.

Health Canada says adult Canadians should consume no more than 400 mg of caffeine in a day — equal to about three small cups of coffee. Regular tea has about one-third of the caffeine that coffee does, and green tea has less than one-quarter.

For more on caffeine, pick up the latest issue of Best Health, on newsstands now.

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Suffering in silence? Talk it out, bro

Depression. Men should confide in each other to help ease pain

LINDA CLARKE
Metro World News in Boston

Don't suffer in silence: Fight depression with a chat. ISTOCK

When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counsellors.

But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counsellor Ken Ross, a certified professional coach who leads men's groups, "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen."

This basic survival of the fittest wiring goes back to the cavemen. Appearing strong and problem-free meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel to the fire.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. There's a lot of stress derived from holding it in so much, and physical health suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is weakness, we have it backward. Vulnerability is human and it takes courage to be open and the more open you are, the more fully alive you are."

Fork, spoon or both?

Delicious but messy to eat, so save it for the family table. ISTOCK

How to handle tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Firstly, French onion soup is not an item that should be served at a formal dinner because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup at formal restaurants in the '70s. A small pair of scissors would be served along with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties?

So back to the question. How do you eat French onion soup without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus.

I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is truly an eat-at- home only menu item.

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Don't get caught off guard — have a post-baby budget

Alison on Money.
What to expect when you're not expecting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning ($230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is reduced.

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about $18,000 to make their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits are generally only 55 per cent of your employment income to a maximum of about $445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Are you going to be a parent? Time to start saving. ISTOCK IMAGES

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per cent on a $20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Don't trump or be trumped on the gifts

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Picture Christmas Day. Family, friends and loved ones have gathered to eat a fantastic meal and exchange gifts.

You draw names and get to open your presents first. As you unwrap each gift, you quickly realize that you've overspent on the presents you're about to give. Your brother-in-law goes next and opens your gift to him — a $200 Hugo Boss wallet. Meanwhile, his gift to you was a $20 pair of mitts. Your sister gives you the evil eye because your gift just trumped her gift to her husband. Now you're really uncomfortable.

We've all been in this position. Unclear gift expectations can lead to unpleasant and unintended emotional consequences over the holidays.

The holidays are not about gifts, but because it's customary to give presents, save yourself from this experience and set expectations in advance.

With your partner, discuss your total holiday budget for the season and how much each of you will contribute for family functions, dinners, gifts, baking, parties and entertainment. If it's hard to keep track of everything, draw up a simple spreadsheet, list your financial commitments and total it up.

Talk about your holiday budget limitations and expectations. For example, you may have set aside $500 and have to buy gifts for 10 people, meanwhile your honey may have $1,000 to spend on five people. It's also important to agree on how much to spend on each other. If you can't agree on a dollar value, consider putting money towards a joint gift like a kitchen appliance or a weekend spa vacation. Or, instead of gifts, you could make a donation to your favourite charity.

Next, call your extended family and agree on gift value limits, like $50 per person, or whether you want to draw names and only buy for one person. Do the same with co-workers and friends.

Don't be afraid to be frugal when holiday shopping. It's 100 per cent okay to use coupons and take advantage of deals to save money.

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Beef and Butternut Squash Stew heaven in just 45 minutes

Almost by definition, beef stew isn't a weeknight-friendly dish.

That's mostly a matter of the meat. Stew meat generally is tough and requires a long simmer to become tender. And who has time for a long simmer at the end of a long day at work?

But stews are so right for the season, it seemed a shame to give them up.

Enter this speedy beef stew that can tossed together and on the table in 45 minutes.

The first step is replacing the meat. Stew meat is out. But tender sirloin tips work perfectly when you brown them first, then set them aside while the other ingredients cook. The meat is returned to the pot toward the end of cooking. The result is a perfect taste and texture.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In saucepan over medium-high, heat oil. Add beef, in batches if needed to avoid crowding pan, and cook, turning, until browned on all sides but still rare at centre, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

2. Return saucepan to heat and add the squash and carrots. If pan is too dry to easily sauté vegetables, add a splash of olive oil. Sauté until squash begins to brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper.

THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

Health Solutions

Get all beefy

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

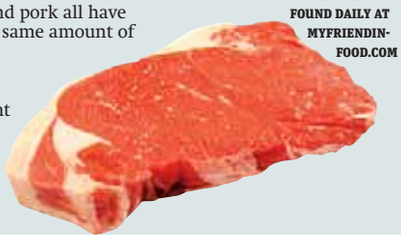
From a nutritional perspective, you can get what beef boasts elsewhere:

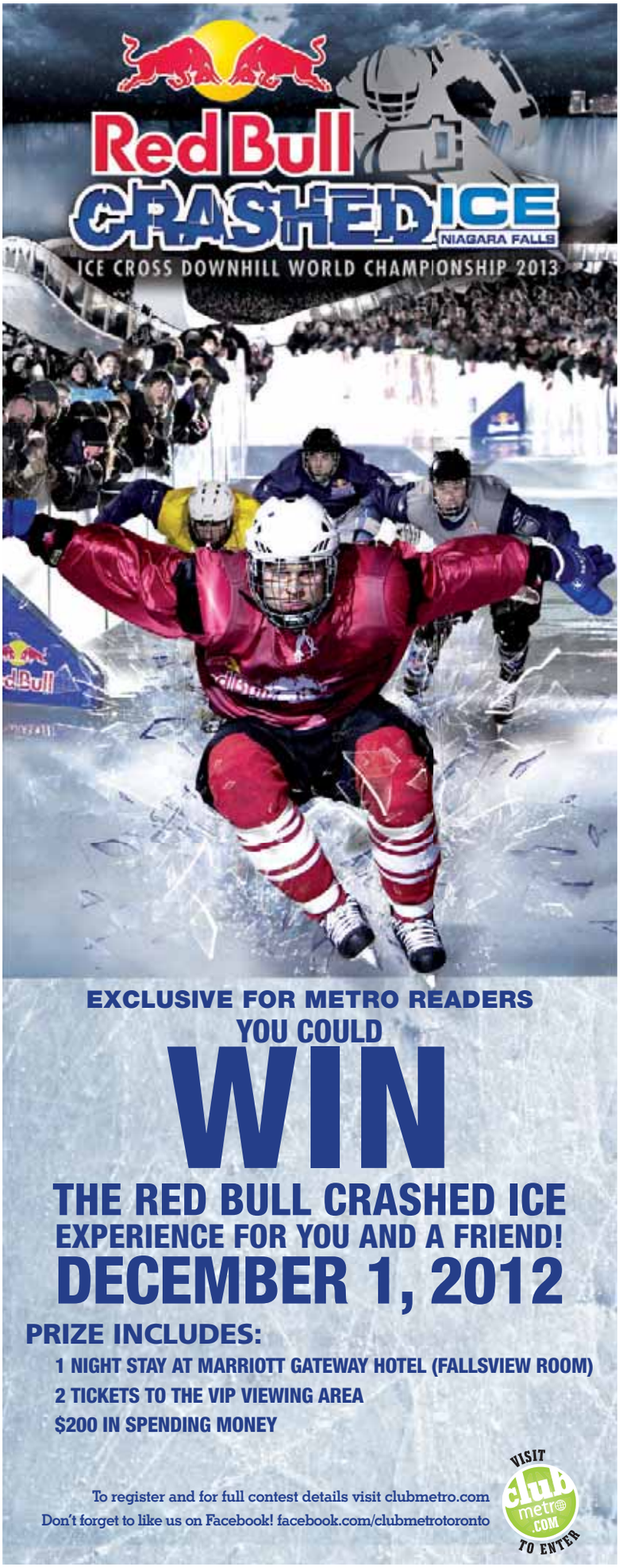
- Mussels have almost as much zinc and much more B12.
- Chicken thighs have about half the amount of iron.
- Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think about:

- Grass fed beef has a healthier fat profile.
- Grass fed lamb or bison is a great option.
- Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. **THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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Making it work as a new mother

Back to business. Tips for bringing in the bacon with a baby in tow

YLVA VAN BUUREN
careerbear.com

If you've been rethinking your career since Baby arrived, you're not alone. Plenty of mat-leave moms wrestle with whether or not to go back to work. Here's the good news: There are family-friendly careers that sore high on the mommy meter. The key? Work hours that really work for you.

"What's most important to many moms: Flexible schedules so they can be with their families," says Erica Ehm, creator and publisher of Yummymummyclub.ca. "That is the most important thing."

It feels ga-ga-good to be employed. ISTOCK

Virtual positions

"It's a great way to connect with new people," says Ehm, "and you can do it from home and anywhere you can get Wi-Fi."

Jobs: Online community manager, customer service technician, writer, computer programmer, bookkeeper/accountant.

Considerations: Working with the kids underfoot — you might want childcare.

Independent business

"You can make a very good living," says Ehm. "And you manage your own schedule."

Jobs: Independent sales representative or consultant.

Considerations: The hours can vary. If you're a great salesperson, you'll do well.

Part-time work

"These jobs allow you to work a few hours a day, often at night and on weekends. Retail is obvious, but small businesses need part-time support services too," says Nancy Collamar, career coach at Mylifestylecareer.com.

Jobs: Retail sales clerk, freelance bookkeeper, accountant, graphic designer, virtual assistant, social media manager and temp worker.

Considerations: You have some control over the amount of work you choose to do. Retail pay may not be high, but store discounts and other perks may compensate.

Mom-related jobs

There is a grassroots ecosystem of mom-related jobs that celebrate a woman's ability to multi-task and that provide independence, flexibility and community.

Jobs: Blogger, moms' fitness leader.

Considerations: "Start talking to everyone in your life about your decision to go back to work — you never know who might be able to help or suggest a lead," says Jenifer Bartman, financial expert at Goldengirlfinance.ca.

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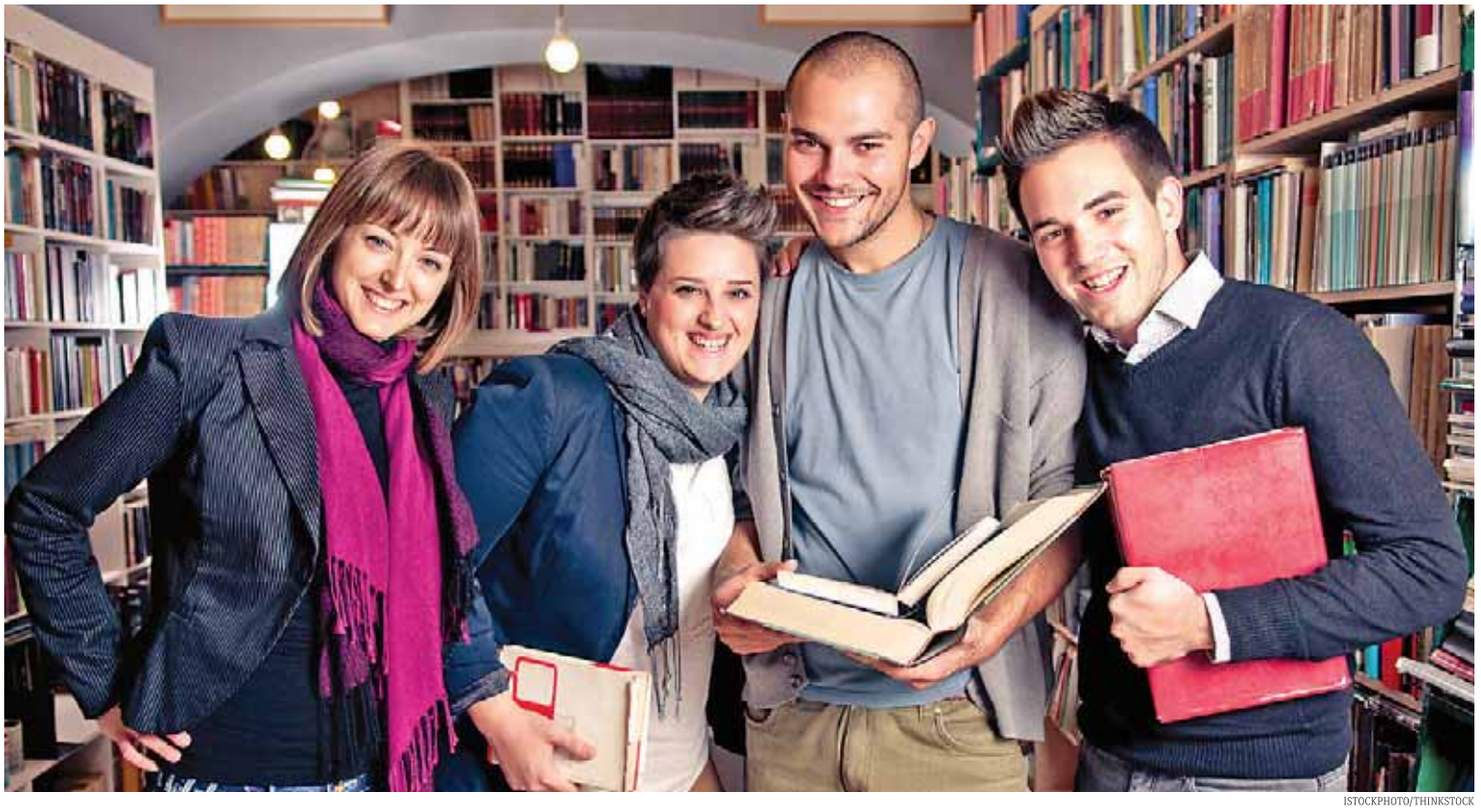

ISTOCKPHOTO/THINKSTOCK

WEIGH YOUR OPTIONS

RESEARCH AND PLAN FOR YOUR PERSONAL GOALS

Signing up for continuing education usually creates a tough balancing act between school, work and family.

Heather McRae, associate dean of engaged learning at the University of Alberta, says post-secondary institutions are very aware that adult learners face these challenges.

"The first step in achieving balance is careful research and planning to figure out what options exists and which best align with your goals and your available resources," she says.

"From there, weigh your options, keeping in mind not to overextend yourself. It's no good for us and no good for you if you overtax your faculties and burn out. Consider a realistic schedule that will allow for some personal and social time."

Many schools offer online courses or blend classroom and online learning so people can work on their own time. "Other courses are offered on weekends and in the evening to accommodate busy schedules," McCrae says.

If you are studying for professional development, the class will likely be designed to focus on practical applications that allow you to develop solutions to real workplace issues, lessening the disconnection between work and study.

But don't delude yourself: Continuing education for professional purposes will require hard work and long hours. Remind yourself, your family, and your colleagues that it is a temporary strain with a long-term payoff.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University, says a flexible school schedule is important. That's why so many of her students chose online or distance learning that allows them to fit school around their other commitments, rather than fitting the rest of their life around school.

"The Mount offers business courses in the day, the evening and by distance so that people who are working can take advantage of the program to suit themselves," she says. "You can do the work on your own time."

Most of their lifelong learners are working on degrees through a distance-learning format that lets them set much of the schedule. Business degrees can be done entirely as distance learning, making them popular with people who are already working in their chosen field, but need an academic degree to advance.

Once you have enrolled, create a schedule that is conducive to learning. Have a designated place to study where you aren't likely to be distracted and plan a daily and weekly schedule that will realistically allow you to be most productive.

– Jon Tattrie

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BE PREPARED

WITH THE CHANG SCHOOL DISASTER AND EMERGENCY MANAGEMENT CERTIFICATE

ISTOCKPHOTO/THINKSTOCK

Nobody wants a disaster to befall their part of the country, but thanks to a new program offered at The Chang School: Ryerson University's continuing education program, more Canadians will be prepared to manage all aspects of the situation.

The school offers a six-course disaster and emergency management certificate. "It's been around for about a year now," says Alex Ferworn, professor of computer science at Ryerson University. "Right now there are about 10 students — we're still in the embryonic stage, but we'll double in size by next term."

Of the six courses, one is practical and participatory in nature. All are available as distance learning programs, as well. The program's administrative council, comprised of first responders, has worked with the school to develop a program that's comprehensive in nature, ranging from planning, managing, and leading responses to hazard and risk management, operations, and analytical assessment of disasters.

"So far, it's not the people we expected to be taking this course," Ferworn says. "We're discovering that some of our students are looking for an upgrade in their current position — they have a desire to move into management. And we're getting nurses who want to learn about the system.

"We're also getting people who have zero knowledge of the industry, but they want to know how to help in case of an emergency, along with people working with NGOs who are interested in disaster management for their regions."

So was it a particular event or tragedy that prompted this course? Not exactly. The motivation for the course had its beginnings in dogs.

"I'm a failed robotic researcher," Ferworn says, adding that this program developed from a 2004 grant to develop wheelchairs that could be controlled remotely. When that program didn't go over well with the wheelchair community, Ferworn transitioned to building walking robots.

"One student came in and said, 'Well, dogs walk. We could strap all these things on a dog and call it a robot.'"

He had access to an OPP urban search and rescue dog, to which they attached a camera. From there, other first responders came in, started asking questions, and one thing led to another — and the determination that there was a need for quality first responder training.

The courses are available both online and off, and run continually. Ferworn says the school is flexible in how it offers the courses, even opening it up to larger organizations.

PROGRAM INFO

Students learn about all phases of disaster management: Mitigation, preparedness, response, and recovery.

For more information, see ryerson.ca/ce/disaster. All courses available in-class and through distance.

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SOUND FOUNDATION

SHERIDAN'S COMMERCIAL CONSTRUCTION MANAGEMENT PROGRAM

Sheridan College's new commercial construction management certificate program gives you the knowledge and skills you need to assist or manage the construction process — from initial planning, right through to project completion.

And you can learn it all from the comfort of your own home.

Developed and facilitated by Vaughan Smith, an award-winning member of the Sheridan faculty, the commercial construction management program is delivered entirely online. That means you can master your understanding of commercial project documents, preparation of estimates, and project scheduling, where and when you want. After-hours, on weekends, at home, at the office — the choice is yours.

SHERIDAN COLLEGE PHOTO

You will even have the flexibility to plan in advance. Almost all of the program's assignments and quizzes will be posted online from the beginning of the term. Which means if you know you have a particularly busy period in the months ahead, you can complete the work in advance. Online delivery also allows for material to be reviewed in a variety of formats, so whether you are a visual or auditory learner, you will be able to gain knowledge effectively.

Students and facilitators will communicate through online chat, threaded discussions, emails, and instant messaging. If you feel uncomfortable engaging in heavy in-class discussion, you may find this online format more to your taste because you will have the time you need to respond. When you are online, no one puts you on the spot.

AWARD WINNER

Vaughan Smith is the developer of the commercial construction management certificate program. He is also the recipient of the 2012 Blackboard Exemplary Course Award. The award recognizes best practices in four major areas: Course design, interaction and collaboration, assessment, and learner support.

You won't even need to buy physical course materials. You will be able to review course notes online, as well as course outlines, grades, and more. Everything you will need is included in the cost.

The commercial construction management program consists of six courses, three of which have already been developed. Development of the final three courses: Commercial construction estimating; construction contracts and issues; and construction planning and scheduling, is almost complete. All six courses will be offered by Sheridan College in the spring term, beginning May 2013.

To learn more about the commercial construction management program, contact Dan Piedra, associate dean, Open Learning Centre, at 905-459-7533 or daniel.piedra@sheridancollege.ca.

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DESIGNS ON A NEW CAREER?

CHECK OUT GEORGE BROWN'S INTERIOR DESIGN PROGRAM

GEORGE BROWN COLLEGE PHOTO

Do you have the drive and talent to build a career as an interior decorator?

Enrol in George Brown College's interior decorating certificate program, and you can find out.

Recognized by the Canadian Decorators' Association (CDECA), this program teaches you the fundamentals of the interior decorating profession, including all required technical skills. You will take your classes at GBC's Casa Loma campus, only minutes from interior design wholesale showrooms.

You will graduate from this program with the knowledge and skills needed to be a professional interior decorator, employable in a variety of different workplaces and roles. You will also benefit from the wide-ranging curriculum offered by GBC.

"We go outside the parameters of interior decorating — giving you a taste of interior design, too," says Jutta van der Kuijp, sessional instructor.

"We also put emphasis on the business-side of interior decorating. If you choose a path as a self-employed person, you'll need to master fundamental skills, like budgeting and marketing. All of our instructors are working professionals in the field, and our goal is to help you become one, too."

Casey Stephens is one of the program's many success stories. A lifelong lover of decorating and design, she enrolled in the program after spending 15 years at home taking care of her two sons.

"After graduating in 2011, I really felt like I had the knowledge and determination to make a go of it," she says.

Two months later, Stephens launched her own company. "It was a little scary. But it has also been fantastic."

Introductory courses for the interior decorating certificate program begin January 2013, and enrolment is open now. To learn more, phone 416-415-5000, ext. 4844, or visit cefashion@georgebrown.ca.

TIP YOUR HAT TO CYCLE OF FASHION

Millinery — the art of hat making — is on the rise. And Lori Bond, an instructor with George Brown College's millinery certificate program, knows why.

"For years, hats weren't prominent accessories at special events," she says. "But that has changed. Fascinators, for example, were one of the most memorable parts of last year's royal wedding. Head wear of all kinds are showing up in fashion shows. Pop stars love them, too. Now the public is catching on. Think of it as part of the ongoing cycle of fashion."

So hats are back. And GBC's certificate program can show you how to create your own, whether you are interested in making millinery a hobby, or part of your career.

The millinery program includes three 14-week courses. The first, hats off to millinery, is an introductory course that serves as a prerequisite for the other two. Its classes are small and hands-on. While you don't need a prior knowledge of hat making to enrol in this course, you do need basic sewing skills.

GEORGE BROWN COLLEGE PHOTO

There is no other course quite like this in Ontario, meaning GBC's program draws a wide range of students. Graduates include both women and men, young and old; and many have gone on to start successful businesses of their own.

David Dunkley is one of them — though he never planned to be. Dunkley enrolled in the millinery program to manage his stress. Prior to taking his first course, he had never done anything artistic. But the techniques he learned intrigued him. He graduated from the program in 2004, and soon had turned his new hobby into a business. And his career is still rising.

"My studies at George Brown gave me the confidence and experience to continue my studies with Rose Cory, the official royal milliner of the late HM Queen Elizabeth, the Queen Mother," Dunkley says. "I have studied with Ms. Cory on four occasions, and am currently in London working with her for a fifth time."

New classes for hats off to millinery begin in January 2013. Those interested are encouraged to reserve their spots now.

GEORGE BROWN COLLEGE PHOTO

You can learn more about the millinery certificate program by calling 416-415-5000, ext. 4844, or by visiting cefashion@georgebrown.ca.

MARRIED TO YOUR WORK

To be a professional wedding planner you have to love weddings. But that's not enough. You need to know how to run a business, too.

George Brown College's wedding planning specialist certificate program will teach you how. In less than a year, you will learn the fundamentals of pricing, budgeting, liability, taxation, and more. You will master industry-related software, too. As an entrepreneur, you will need all these skills.

The program also teaches you about yourself and the clients you will be serving. You will learn how to assess your own skill set, to determine what makes you unique. You will learn how to market your business. You will learn to assess economic conditions, recognize trends, and adapt to the challenge of theme weddings, destination weddings, and cross-cultural weddings. You will also learn how the industry has changed.

Classes are held once a week, during evenings, for five to six weeks. Enrolment for January 2013 is now open. To learn more, phone 416-415-5000, ext. 4844, or cefashion@georgebrown.ca.

There is a free information session Wednesday, Nov. 28 at 6 p.m. at George Brown College's Casa Loma campus.

"Our goal is to help you get your business up and running," says Roxanne Challenger, lead instructor. "If you're looking for a program that can help you do that, consider this one."

EVOLVING EDUCATION

CENTENNIAL OFFERS FINANCIAL FRAUD INVESTIGATION CERTIFICATE

ISTOCKPHOTO/THINKSTOCK

New threats to the financial world have created the need for new education to combat those threats — and Centennial College's financial fraud investigation certificate has been designed to provide financial services employees with the education they need to combat these threats.

Comprised of 12 courses, this fully online program is designed, in conjunction with the Association of Certified Fraud Examiners, to prepare students for the certified fraud examiner (CFE) exam.

"It's a very prevalent issue and it's increasing in importance now," says Vicki Smith, chair of the school of continuing education at Centennial College. "In 2009, PricewaterhouseCoopers did a study that showed 56 per cent of Canadian companies reported being victims of financial fraud.

"This is a very timely program and the instructors are practising in the field — they have high industry knowledge and they're all CFE-designated themselves."

To participate in the professional designation courses, students must have a college diploma, a university degree, or a combination of work experience and education. Currently, there are two courses offered, with four more rolling out in January 2013. By next fall, all 12 courses will be available and only one has a prerequisite, so students can progress at their own pace.

Interested students can email distancelearning@centennialcollege.ca or call 416-289-5000, ext. 2555.

IT PROFESSIONALS STAY UP-TO-DATE AT TRIOS

TRIOS COLLEGE PHOTO

It's a good time for IT professionals in Canada. Their salaries are high. They enjoy good job security. And demand for their skills continues to grow.

And yet, there remains a skills gap in IT. Why?

It's because today's IT professional is expected to have a broader range of skills. These include soft skills, like email and phone etiquette, and networking. Even the most tech-savvy graduate must possess them.

That's not all. The speed of technological development continues to increase, making it difficult for an IT professional completing a four-year university degree to stay current. What was cutting-edge in Year 1 becomes, by Year 4, old news.

TriOS College, a leader in technology education for two decades, is committed to addressing these problems. It makes soft skills a mandatory component of all its programs. And, with input from industry leaders, it develops curricula that are up-to-date, relevant, and reflective for what employers are looking. Equally important: Its programs can be completed in far less time than it takes to finish a university degree.

Each of the seven programs in triOS College's Faculty of Technology are newly revamped. They include the information technology professional, enterprise web and mobile developer, and video game design technologies diploma programs, each of which can be completed in less than 100 weeks. Optional internships give you the chance to gain valuable, hands-on experience before you graduate.

For more, see trios.com.

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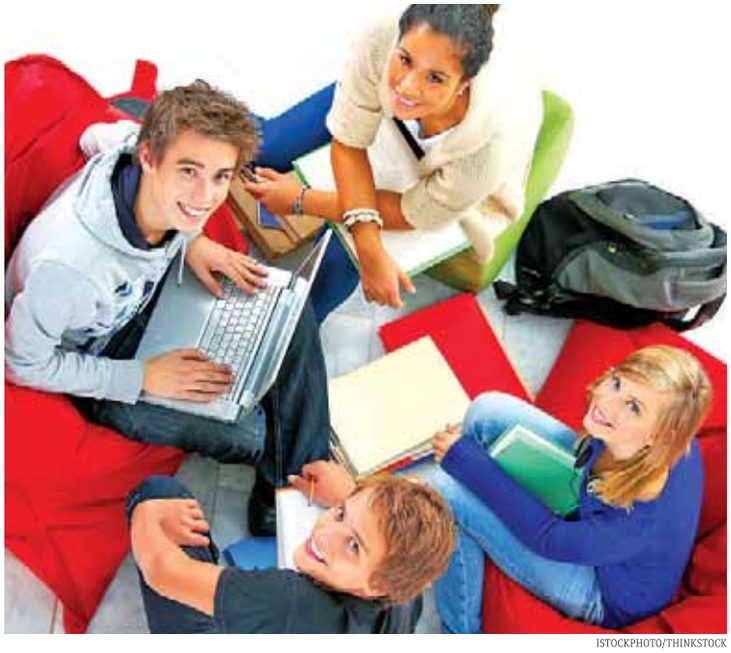
LET SOCIAL MEDIA HELP YOU

NEW PROGRAM AT THE U OF T



ISTOCKPHOTO/THINKSTOCK

You have a lot to learn about social media — even if you have grown up with it. Starting next year, the University of Toronto will make that easier.

The first course in U of T's new digital strategy and communications management certificate program debuts this January. Part of the School of Continuing Studies, the program is designed to help professionals fill in the knowledge and experience gap that prevents them from advancing their careers, either to a management or senior management level.

This is the first certificate program in Canada designed to help you develop a strategic approach to social media. If you desire a stronger understanding of the role social media has come to play in business today, it may be the program for you. If you have wanted to learn about this subject for a while, but have struggled to find enough free time, the program's three 12-week courses will provide you the flexibility you need to get started.

"For a lot of business people over the age of 35, social media can seem overwhelming," says Martin Waxman, the program's developer. "They're unsure about the new rules, unsure of how to strategically apply social and digital programs to their communications and marketing plans. This certificate will help them learn the how and the why."

The program is valuable for younger people, too.

"For those who have been online throughout their adult lives, this certificate will offer, in some cases, their first exposure to a professional communications skill set," Waxman says. "Young people instinctively know how to navigate online environments, but they don't always know what questions to ask. We'll expose these future business people to a broader range of strategic perspectives — and show them how to integrate digital with some of the more traditional ways of communicating that are still effective today."

The first course, foundation in digital communications strategy, will be offered starting January 2013. This course will be offered again in the spring term, along with the second course, social on the inside.

Both of these courses, plus the third, advanced practices in digital reputation management, will be offered in fall 2013.

"Our plan is, if you enrol in the first course this coming January," Waxman says, "you could receive your certificate by the end of the year."

All instructors for the program will be individuals working in the social media field. They will teach students real-time knowledge and skills, offering case studies that reflect the state of technology and business as both currently exist. Of course, these things change quickly, so content will be updated to reflect that. You can be sure the training you will receive is up-to-date.

Enrolment for January 2013 is open now. To find out more about the digital strategy and communications management certificate program, visit learn.utoronto.ca/digstratcert.

EXPLORE YOUR LITERARY SELF

STOCKBYTE/THINKSTOCK

The University of Toronto's summer writing school has been offering intensive workshops since 2005. Serving emerging writers of all ages, working in various genres, these workshops provide both professional feedback and a sense of community. Writers leave with new knowledge, new confidence, and even new friends.

Soon, the U of T will make it even easier for you to hone your literary skills.

Starting this January, the School of Continuing Studies will offer winter intensives — hybrid courses that you can take over three different weekends, each featuring online delivery that keeps you connected during the days in between. If your job, or other time commitments, won't allow you to set aside an entire week in the summertime, this wintertime option may be best for you.

There are seven winter intensives, each consisting of in-class workshops on weekends (Fridays and Saturdays, a month apart), plus the online component. Each will focus on a different genre of writing, and be led by a notable name.

Narrative non-fiction will be taught by Shaughnessy Bishop-Stall; novel workshop, by Elizabeth Ruth; and poetry, by 2012 Griffin Prize-winning poet Ken Babstock. Screenwriting will be taught by Thom Vernon; short story workshop, by Katherine Kuitenbrouwer; and songwriting, by Dave Bidini. Writing the memoir will be taught by Marina Nemat.

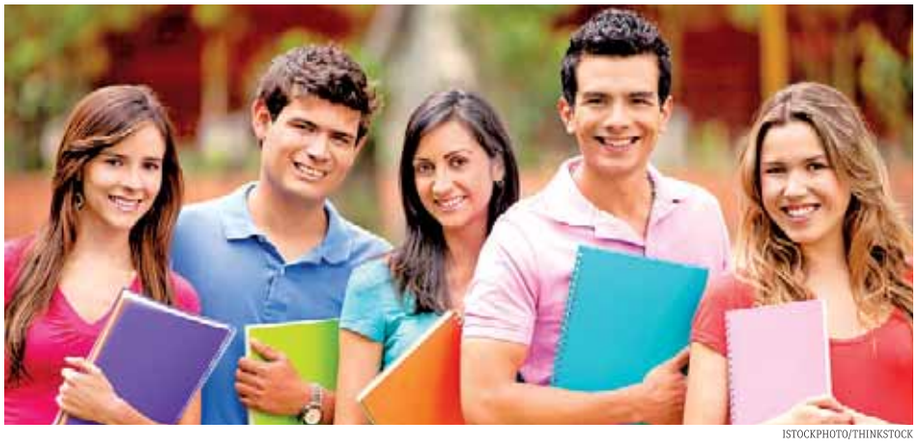
Most intensives require you to submit a writing sample prior to the first class, however, this is not a means of preventing people from joining.

"There will be some evaluation, yes, but the basic principle is first-come, first-served," says Lee Gowan, program head, creative writing. "We ask for samples first so the instructor can prepare before the first weekend. In those cases, the manuscripts may be circulated to the entire class so that everyone can read the material before they come the first night. We keep the class sizes small, only 12 people, to make sure each student gets lots of personal attention.

"Writing is a lonely pursuit," he adds. "So the community you'll discover in these classes is very important. Not only will you get critiques of your work, you'll also learn the tools for critiquing that work on your own."

Enrolment for the winter intensives is now open. To learn more, phone 416-978-2400, or visit learn.utoronto.ca.

This could be your first step to a lifelong literary career.



ISTOCKPHOTO/THINKSTOCK

COMSTOCK/THINKSTOCK

THE LOVE OF LEARNING

FURTHERING YOUR EDUCATION CAN ENRICH YOUR LIFE

Few Canadians today can expect their education to end with their final high school or post-secondary class. Many adults need to become lifelong learners to develop their careers and to lead fuller lives, experts say.

Heather McRae, associate dean of engaged learning at the University of Alberta, says the benefits to continued education are as varied as the students.

"For some, it's an opportunity to learn about a particular topic or share ideas and experiences with others in the class," she says. "Many people take courses in order to advance in their job role or learn a specific skill that will be helpful in their work, or allow them to change to a different type of work. Some people take specific coursework for credit within their professional organization. Others just love to learn."

At the U of A, the occupational health and safety certificate program is the most popular this winter. Other in-demand courses are in management development, purchasing management, local government and business analysis.

"We are currently working on two citations in social media and anticipate that these programs will be very popular as well," McRae adds.

Continuing education is good for businesses, too, she argues, since an investment in their staff's professional development maintains a highly-skilled work force.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University in Halifax, agrees. She says most of their continuing education learners are working on degrees or taking professional development in fields like child care.

For many, an academic degree is crucial to career advancement. That's especially true for people working in government. "To rise to a certain level, you need to have a degree," she says.

Another segment of students are continuing their education to prepare for a second career. "It's building skills and knowledge they will use in the future. We have people in the military, for example, doing degrees in business," Watts says, as they prepare for life after their service is complete.

– Jon Tattrie

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INGRAM PUBLISHING/THINKSTOCK

WHERE BEAUTY MEETS BUSINESS

HUMBER COLLEGE — THE BUSINESS SCHOOL

Have you thought about a career in the beauty industry — now's your chance to gain industry experience and the skills needed to be successful. Continue your education through Humber College — The Business School's cosmetic applications, cosmetic marketing, or spa management certificate programs, where business meets beauty.

The cosmetic applications certificate is a part-time, evening program that has been designed to give students an advanced level of knowledge both in theory and practical application of cosmetics. Courses range from introductory cosmetic applications to special effects to creating a professional portfolio using Adobe Creative Suite. Upon completion of the program, students will be ready to enter the field of makeup artistry.

The cosmetic marketing certificate is a part-time, evening program that has been designed for those students interested in the marketing and product development aspects of the cosmetic industry. With the explosion of new cosmetic lines comes the need to understand current market trends and how to position new products.

The spa management certificate is part-time program delivered fully online that has been designed to give students the business skills to become competitive in the industry, whether it is opening up your own spa or managing one. In learning to operate enterprises from day spas to a wellness centre, your responsibilities will be as exciting as they are varied. You could be responsible for front-line customer service, merchandising, researching new product lines, balancing the books, or creating marketing strategies to grow your small business.

Humber College's part-time cosmetic and spa programs run in conjunction with the school's full-time cosmetic management and esthetician/spa management diploma programs. Courses taken in these programs are fully transferable.

Your career in cosmetics/spa is waiting for you. Continue your education evenings, weekends, on-campus, online, on your time.

For more, see humber.ca.

MLB

Blue Jays fill five coaching spots

John Gibbons' staff is taking shape as the Toronto Blue Jays filled five of its coaching positions on Monday.

DeMarlo Hale joins the Blue Jays as bench coach, Chad Mottola will serve as hitting coach, Dwayne Murphy will act as first base and outfield coach, Luis Rivera will move to third-base coach and Pete Walker moves from the bullpen to serve as pitching coach.

The Blue Jays still need to find a bullpen coach to replace Walker.

THE CANADIAN PRESS

English soccer

FA to investigate racist chanting by West Ham fans

English football faced another racism investigation by authorities on Monday after a Premier League match between Tottenham and West Ham was marred by anti-Semitic abuse from supporters.

West Ham pledged to impose life bans after some of its fans on Sunday were heard making chants about Adolf Hitler and also praising Italian club Lazio after an apparent anti-Semitic stabbing of a Tottenham fan on Wednesday in Rome ahead of a Europa League match against the Italian club.

West Ham fans were also heard hissing, a gesture widely seen as imitating the sound of the gas chambers used during the Holocaust. Tottenham is known to have a large Jewish fan base, which has long been subjected to anti-Semitic abuse at matches.

THE ASSOCIATED PRESS

NFL

Johnson backs off coach comments

Receiver Stevie Johnson and the Buffalo Bills' offence suddenly have one thing in common. Both are moving in reverse.

Johnson on Monday backpedaled away from comments he made a day earlier, when he questioned coach Chan Gailey's play calling following a 20-13 loss at Indianapolis. Johnson now says he misspoke.

Rather than suggesting Ryan Fitzpatrick should take over more of the play-calling duties, Johnson meant to say the quarterback should have more opportunities to change plays at the line of scrimmage.

THE ASSOCIATED PRESS

Toronto Argonauts celebrate in the locker-room after winning the 100th CFL Grey Cup on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Argos' special bond helped deliver Cup

Grey Cup afterglow. Toronto's GM Barker and coach Milanovich assembled right pieces to win a championship

Ricky Ray saw it coming out of training camp. These Toronto Argonauts had a special bond.

They might not have been the biggest, fastest or most heralded. But they had each other's back.

Ray, who came over from the Edmonton Eskimos in a blockbuster off-season trade, credits GM Jim Barker and rookie head coach Scott Milanovich for choosing the right pieces in assembling what was to become a Grey Cup champion squad.

"Scott and the staff and Jim coming out of training camp didn't necessarily pick the best most talented guys," said the veteran quarterback. "They picked guys that were going to be good teammates over some of those guys.

"That's where it's got to start with, it's got to start with the locker-room and how everybody gets along and everybody playing for each other out there. I think that's been the biggest difference for us."

Barker says he and Milanovich both believe "it's not necessarily the 46 best players but it's the best 46 players."

"That means the 46 that can work together the best," the GM said in an interview Monday. "Through the year, we went through players and we did make different moves but it was about finding the right blend of players — of veterans and rookies."

Milanovich referred to that brotherhood in his pre-game speech Sunday.

"Find strength in your teammates when things get tough," he said.

Argos players knew they didn't have to worry about the changing moods of their head coach or jump through hoops, just execute what they were told.

Barker, meanwhile, said he knew upon acquiring Ray that this team could be special if they made the right moves around him.

"All along I felt we had a great opportunity this year," he said. THE CANADIAN PRESS

Cup parade

- The parade celebrating the Argos' 35-22 Grey Cup win will begin at 11:30 a.m. Tuesday on the west side of Wellington Street at Yonge Street and travel west to Bay Street.
- It will then turn north up Bay Street and end at Nathan Phillips Square, where Mayor Rob Ford will read a proclamation declaring Nov. 27, 2012 to be Toronto Argonauts Day. TORSTAR NEWS SERVICE

Rob Ford coaches Don Bosco on Nov. 21 in Etobicoke. TORSTAR NEWS SERVICE

Metro Bowl. Ford set to lead Don Bosco in final despite his political troubles

One day after he was booted from office, Mayor Rob Ford is expected to lead his undefeated Don Bosco Eagles in the school's first-ever Metro Bowl against the Huron Heights Warriors from Newmarket.

The teams will clash Tuesday night at the Rogers Centre in the 31st Metro Bowl. The winner will be crowned king of high school football in the GTA; the annual game is a match-up of playoff victors from the region's four athletic districts.

The contest is expected to attract extra media attention this year, given the spate of controversy surrounding Ford's role as both mayor and coach.

Lenox Adinkrah, Bosco's star receiver, said that he and his fellow players feel slighted by the attention Ford has garnered, but that the added pressure helped them make it to the GTA final.

"The media's knocking us, with Ford going through his little problems," said Adinkrah. "It kind of brought our confidence down, but then we joined together as a unit, kept strong, and we made it the furthest … It taught us how to become men, how to rise to the occasion." TORSTAR NEWS SERVICE

4 SPORTS

‘Pit bull’ Lowry the emerging leader of young Raptors

Casey’s man. Toronto point guard can be one of the best in the league ... if he learns to trust his teammates

A game was slipping away from the Raptors, as so many have so early in the NBA season, and Dwane Casey was trying to imbue his team with some sense of confidence during a timeout.

But when it came right down to it, when he realized that he needed someone to connect with his team on some real level, he looked to one of the newest players on the roster.

Casey, of course, looked to Kyle Lowry, because Lowry, just a couple of months into his tenure in Toronto, is the kind of guy a coach looks to in difficult times.

“At times, like most young teams, the first time something goes wrong, the first thing that goes down are your shoulders. You don’t see that with Kyle. Kyle is always up, always saying, ‘Come on, it’s a close game.’ We need that, we’ve got to have that from Kyle.”

Casey’s gambit in Philadelphia last week ultimately failed — the Raptors faltered down the stretch and were beaten by the 76ers — but it’s telling that he went in that direction at all.

It speaks volumes to the place Lowry has found in the team’s hierarchy, how players tend to gravitate to him thanks to the strength of his personality, and how he has emerged as a leader after such a short period of time.

His leadership, and his ability to keep his emotions in check while involving his teammates, will be put to the test this week. Lowry faces his two former teams — Tuesday in Houston and Wednesday in Memphis — and he will have to avoid the kind of over-exuberance that can take away from the leadership job that’s asked of him. He has to make sure not to try to do too much while imbuing his teammates with confidence by allowing them to thrive.

There is no disputing that he gives the Raptors a bit of an edge; the Philadelphia native just needs more time to figure out what works best down the stretch in close games. **TORSTAR NEWS SERVICE**

Coach Casey

“He’s given the rest of the players a swagger, he’s given DeMar (DeRozan) a swagger and just gives us a little bit more of an identity in the way we want to play.”

Toronto Raptors head coach Dwane Casey

Despite being one of the most recent additions to the roster, Toronto Raptors point guard Kyle Lowry has quickly taken on a leadership role. GETTY IMAGES

NHL lockout

Owners, players look to mediation

The NHL and NHL Players’ Association are turning to mediation in an effort to solve their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on multiple occasions prior to the cancellation of the 2004-05 season.

“While we have no particular level of expectation going into this process, we welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date,” deputy commissioner Bill Daly said Monday.

The mediation will be non-binding, meaning the sides will not be forced to go along with suggestions or recommendations.

The NHL and NHLPA haven’t met since last week, when the union tabled a proposal that Bettman said still left the sides “far apart.” They are expected to get back together at some point in the coming days. **THE CANADIAN PRESS**

Garber predicts 'bold moves' by Toronto FC

MLS. Commissioner did not detail the planned moves but suggested they might be imminent

Commissioner of Major League Soccer Don Garber. GETTY IMAGES FILE

The commissioner of Major League Soccer says Toronto FC is looking to make some "bold moves" to improve the product on the field.

Toronto (5-21-8) missed the playoffs for the sixth straight year since joining the league in 2007. And the struggling club posted franchise worsts for wins (five), losses (21), points (23), goals against (62) and winless string (14).

Commissioner Don Garber said he has faith in the new ownership structure of Maple Leaf Sports & Entertainment as well as president Tom Anselmi.

"I believe that they will be looking to make some bold moves to try to address their lack of success on the field," he said Monday during his annual media state of the league conference call.

"It certainly pains us a bit. We look back at what was such an incredible story in '07, that clearly was one of the launching pads for the development of what we call MLS 2.0. And to see that not continue to the level it was in the early years is disappointing.

"I've been a party to some of the changes that they're going to make," he added, "that they hopefully will be able to announce shortly that we are hopeful will get them back on track."

TFC averaged 18,155 fans a game this season to rank 10th in the 19-team league. MLSE recently announced it was rolling back prices for existing season ticket-holders to 2007 levels.

THE CANADIAN PRESS

PRESTO
TRANSITION to PRESTO
Effective January 1, 2013
Passengers using a PRESTO card to qualify for the Co-Fare discount
Due to GO Transit's discontinuation of its monthly pass effective January 1, 2013, DRT will be discontinuing the sale of DRT Co-Fare tickets and passes effective January 1, 2013.
The Co-Fare discount is automatically calculated with a PRESTO card when the connection between DRT service and GO Transit service is complete.
Many DRT & GO Transit Co-Fare passengers are taking advantage of the convenience of PRESTO:
► Simple. One fare card for all PRESTO partners in the Greater Toronto and Hamilton area, including some TTC subways stations.
► Easy. Increase your card balance online anytime at prestocard.ca or at ticket sales locations.
► Safe. Register your card and protect your balance if you lose your card.
► Efficient. Autoload your pre-determined amount to a minimum balance.
► Deductible. Qualifies for the transit tax credit.
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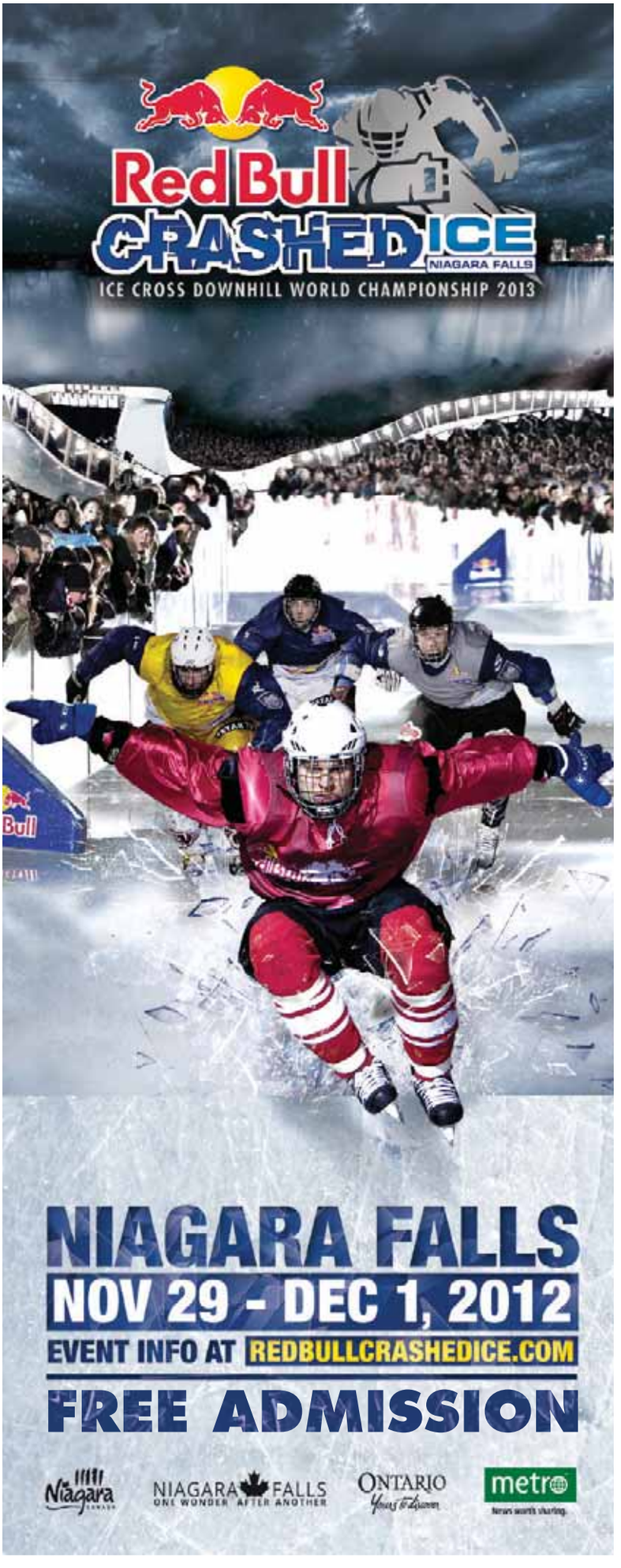

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	10	3	.769	—
New York	9	3	.750	1/2
Brooklyn	8	4	.667	11/2
Milwaukee	6	5	.545	3
Atlanta	8	4	.667	11/2
Charlotte	7	5	.583	21/2
Philadelphia	8	6	.571	21/2
Boston	8	6	.571	21/2
Chicago	6	6	.500	31/2
Indiana	6	8	.429	41/2
Orlando	5	8	.385	5
Cleveland	3	10	.231	7
Detroit	3	11	.214	71/2
Toronto	3	11	.214	71/2
Washington	0	11	.000	9

WESTERN CONFERENCE

	W	L	Pct	GB
Memphis	9	2	.818	—
San Antonio	11	3	.786	-1/2
Oklahoma City	10	4	.714	1/2
L.A. Clippers	8	5	.615	2
Denver	8	6	.571	21/2
Golden State	8	6	.571	21/2
Utah	7	7	.500	31/2
Dallas	7	7	.500	31/2
L.A. Lakers	7	7	.500	31/2
Portland	6	7	.462	4
Houston	6	7	.462	4
Phoenix	6	8	.429	41/2
Minnesota	5	7	.417	41/2
Sacramento	4	9	.308	6
New Orleans	3	9	.250	61/2

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results
San Antonio at Washington
New York at Brooklyn,
Portland at Detroit
Charlotte at Oklahoma City
Cleveland at Memphis
Milwaukee at Chicago
Denver at Utah
New Orleans at L.A. Clippers

Sunday's resuilts
San Antonio 111 Toronto 106 OT
New York 121 Detroit 100
Brooklyn 98 Portland 85
Philadelphia 104 Phoenix 101
Boston 116 Orlando 110 OT
Denver 102 New Orleans 84

Tuesday's games
Dallas at Philadelphia, 7 p.m.
Phoenix at Cleveland, 7 p.m.
Toronto at Houston, 8 p.m.
Minnesota at Sacramento, 10 p.m.
Indiana at L.A. Lakers, 10:30 p.m.

Wednesday's games
San Antonio at Orlando, 7 p.m.
Portland at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Brooklyn at Boston, 7:30 p.m.
Charlotte at Atlanta, 7:30 p.m.
Dallas at Chicago, 8 p.m.
Toronto at Memphis, 8 p.m.
New York at Milwaukee, 8 p.m.
Houston at Oklahoma City, 8 p.m.
Utah at New Orleans, 8 p.m.
Minnesota at L.A. Clippers, 10:30 p.m.

Thursday's games
San Antonio at Miami, 8 p.m.
Denver at Golden State, 10:30 p.m.

NBA LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Bryant, LAL	14	126	97	376	26.9
Durant, Okl	14	119	111	371	26.5
Anthony, NYK	12	110	61	307	25.6
Harden, Hou	13	98	107	327	25.2
James, Mia	13	129	51	327	25.2
Irving, Cle	10	82	47	229	22.9
Westbrook, Okl	14	110	64	305	21.8
Mayo, Dal	14	103	53	301	21.5
Bosh, Mia	13	94	73	263	20.2
Gay, Mem	11	84	40	221	20.1
Pierce, Bos	14	89	75	281	20.1
Ellis, Mil	11	85	40	219	19.9
Aldridge, Por	12	95	46	236	19.7
Lillard, Por	13	90	42	255	19.6
Lopez, Bro	12	98	32	228	19.0
Duncan, SA	14	104	57	266	19.0
DeRozan, Tor	14	98	60	262	18.7
Batum, Por	13	85	38	242	18.6
Crawford, LAC	13	79	57	242	18.6
Holiday, Phi	14	100	41	260	18.6
Curry, GoS	14	87	50	257	18.4
Walker, Cha	12	79	51	216	18.0
Howard, LAL	14	90	72	252	18.0
Deng, Chi	12	82	40	214	17.8
Anderson, NO	12	82	8	213	17.8
Griffin, LAC	13	93	45	231	17.8
Parker, SA	13	98	28	230	17.7
Bargnani, Tor	14	91	43	247	17.6
Matthews, Por	13	82	32	227	17.5
Jennings, Mil	11	76	23	192	17.5
Sessions, Cha	12	66	67	206	17.2
Williams, Bro	12	65	53	201	16.8
Monroe, Det	14	92	51	235	16.8
Randolph, Mem	11	72	40	184	16.7
West, Ind	14	93	46	232	16.6
Lee, GoS	14	97	36	230	16.4
Dragic, Pho	14	77	47	224	16.0
Martin, Okl	14	64	61	223	15.9
Garnett, Bos	14	88	46	222	15.9
Horford, Atl	11	79	17	175	15.9
Johnson, Bro	12	70	28	189	15.8

Not including last night's games

SOCCER

MLS CUP

Saturday, Dec. 1 — All Times Eastern
Houston vs. Los Angeles, 4:30 p.m.

GREECE

ETHNIKI ALPHA

Yesterday's result
Panthrakikos 4 Aris 0

ITALY

SERIE A

Yesterday's results
Cagliari 0 Napoli 1
Parma 1 Inter Milan 0

PORTUGAL

LIGA

Yesterday's result
Moreirense 2 Sporting CP 2

SPAIN

PRIMERA

Yesterday's result
Zaragoza 0 Celta Vigo 1

CFL

100TH GREY CUP

AT TORONTO
Sunday's result
Toronto 35, Calgary 22

LATE SUNDAY

ARGONAUTS 35, STAMPEDERS 22

First Quarter
Tor — TD Owens 5 pass from Ray (Waters convert) 8:03
Cal — FG Paredes 30 11:11
Second Quarter
Tor — TD Horne 25 interception return (Waters convert) 0:43
Tor — FG Waters 16 5:56
Cal — FG Paredes 18 12:29
Tor — TD Inman 1 pass from J.Jackson (Waters convert) 14:40
Third Quarter
Cal — FG Paredes 27 8:52
Tor — FG Waters 20 12:19
Cal — Safety Prefontaine concedes 15:00
Fourth Quarter
Cal — FG Paredes 19 5:14
Tor — TD Durie 7 pass from Ray (Waters convert) 9:38
Tor — Single Prefontaine 55 13:32
Cal — TD Price 12 pass from Mitchell (Price pass 5 from Mitchell for two-point convert) 14:40

Calgary	**3**	**3**	**5**	**11**	**—**	**22**
Toronto	**7**	**17**	**3**	**8**	**—**	**35**

Attendance — 53,208 at Toronto.

TEAM STATISTICS	Cal	Tor
First downs	17	21
Yards rushing	53	128
Yards passing	302	232
Total offence	355	360
Team losses	9	14
Net offence	346	346
Passes made-tried	20-36	19-31
Total return yards	244	114
Interceptions-yards by	1-7	1-25
Fumbles-lost	1-1	1-0
Sacks by	1	2
Punts-average	6-46.5	7-44.6
Penalties-yards	11-99	5-102
Time of possession	29:13	30:47

Net offence is yards passing plus yards rushing minus team losses such as yards lost on broken plays.

INDIVIDUAL STATISTICS
Rushing Ñ Cal: Cornish 15-57, Taylor 1-4, Walter 1-0, Bryant 1-minus-8; Tor: Kackert 20-133, Durie 1-minus-5.
Receiving Ñ Cal: Lewis 6-100, McDaniel 4-53, Taylor 1-42, Bryant 2-31, Walter 1-22, Price 2-17, Cornish 1-16, Arthur 1-13, Cote 1-9, mitchell 1-minus-1; Tor: Barnes 3-82, Kackert 8-62, Inman 3-43, Durie 3-31, Owens 2-14.
Passing Ñ Cal: Glenn 14-27, 222 yards, 0 TDs, 1 int, Mitchell 6-9-80-1-0; Tor: Ray 18-30-231-2-1, J.Jackson 1-1-1-1-0.

GREY CUP MVP

2012 — MVP: Chad Kackert, RB, Toronto; Canadian MVP: Ricky Foley, DE, Toronto.
2011 — MVP: Travis Lulay, QB, B.C.; Canadian MVP: Andrew Harris, RB, B.C.
2010 — MVP: Jamel Richardson, WR, Montreal; Canadian MVP: Keith Shologan, DT, Saskatchewan.
2009 — MVP: Avon Cobourne, RB, Montreal; Canadian MVP: Ben Cahoon, SB, Montreal.
2008 — MVP: Henry Burris, QB, Calgary; Canadian MVP: Sandro DeAngelis, K, Calgary.
2007 — MVP: James Johnson, CB, Saskatchewan; Canadian MVP: Andy Fantuz, SB, Saskatchewan.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	18	9	6	2	1	49	43	21
Worcester	18	9	7	1	1	50	56	20
St. John's	19	9	9	0	1	46	53	19
Portland	18	8	8	1	1	57	61	18
Providence	16	7	8	0	1	33	48	15

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	17	10	3	1	3	59	36	24
Bridgeport	17	10	7	0	0	56	57	20
Connecticut	17	9	7	1	0	58	57	19
Adirondack	17	9	8	0	0	44	47	18
Albany	16	4	7	0	5	37	49	13

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	17	12	3	1	1	65	42	26
Binghamton	16	10	4	1	1	45	38	22
W-B/Scranton	18	11	7	0	0	48	40	22
Hershey	18	7	10	1	0	44	53	15
Norfolk	17	7	10	0	0	48	58	14

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	18	12	2	2	2	51	32	28
Lake Erie	19	10	7	1	1	60	57	22
Rochester	16	9	6	1	0	58	48	19
Toronto	18	9	8	0	1	58	52	19
Hamilton	16	6	8	1	1	34	52	14

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	17	10	5	1	1	62	53	22
Chicago	17	8	6	2	1	49	54	19
Rockford	18	9	8	0	1	56	57	19
Milwaukee	18	8	8	1	1	51	56	18
Peoria	18	6	9	2	1	43	66	15

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	19	12	5	0	2	67	52	26
Oklahoma City	18	11	5	1	1	62	53	24
Houston	18	9	6	1	2	61	55	21
Texas	16	7	7	1	1	37	47	16
San Antonio	17	4	10	0	3	39	55	11

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results
Syracuse 6 Worcester 1
Portland 3 Manchester 2 (OT)
Connecticut 3 Springfield 2
Oklahoma City 7 Charlotte 2
W-B/Scranton 5 Albany 4 (SO)
Milwaukee 3 Grand Rapids 2
Lake Erie 4 Hamilton 1
Texas 5 San Antonio 3
Toronto 2 Hershey 4
Providence 0 St. John's 6
Abbotsford 2 Houston 3 (OT)

Tuesday's game — All Times Eastern
Texas at Rockford, 8:05 p.m.

Wednesday, Nov. 28
St. John's at Adirondack, 7 p.m.
San Antonio at Rochester, 7:05 p.m.
Hershey at Norfolk, 7:15 p.m.
Rockford at Chicago, 8 p.m.

Thursday, Nov. 29
Oklahoma City at Houston, 8:05 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	407	244
Miami	5	6	0	.455	211	226
N.Y. Jets	4	7	0	.364	221	290
Buffalo	4	7	0	.364	243	319

SOUTH

	W	L	T	Pct	PF	PA
Houston	10	1	0	.909	327	211
Indianapolis	7	4	0	.636	230	273
Tennessee	4	7	0	.364	238	335
Jacksonville	2	9	0	.182	188	308

NORTH

	W	L	T	Pct	PF	PA
Baltimore	9	2	0	.818	283	219
Pittsburgh	6	5	0	.545	231	210
Cincinnati	6	5	0	.545	282	247
Cleveland	3	8	0	.273	209	248

WEST

	W	L	T	Pct	PF	PA
Denver	8	3	0	.727	318	221
San Diego	4	7	0	.364	245	237
Oakland	3	8	0	.273	218	356
Kansas City	1	10	0	.091	161	301

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	7	4	0	.636	305	226
Washington	5	6	0	.455	295	285
Dallas	5	6	0	.455	242	262
Philadelphia	3	7	0	.300	162	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	10	1	0	.909	294	216
Tampa Bay	6	5	0	.545	310	254
New Orleans	5	6	0	.455	308	304
Carolina	2	8	0	.200	184	243

NORTH

	W	L	T	Pct	PF	PA
Chicago	8	3	0	.727	277	175
Green Bay	7	4	0	.636	273	245
Minnesota	6	5	0	.545	248	249
Detroit	4	7	0	.364	267	280

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	2	1	.773	276	155
Seattle	6	5	0	.545	219	185
St. Louis	4	6	1	.409	205	254
Arizona	4	7	0	.364	180	227

WEEK 12

Sunday's results
Miami 24 Seattle 21
Cincinnati 34 Oakland 10
Indianapolis 20 Buffalo 13
Cleveland 20 Pittsburgh 14
Jacksonville 24 Tennessee 19
Denver 17 Kansas City 9
Chicago 28 Minnesota 10
Atlanta 24 Tampa Bay 23
Baltimore 16 San Diego 13
San Francisco 31 New Orleans 21
St. Louis 31 Arizona 17
N.Y. Giants 38 Green Bay 10

Monday's game — All Times Eastern
Carolina at Philadelphia, 8:30 p.m.

WEEK 13

Thursday's game
New Orleans at Atlanta, 8:20 p.m.

Sunday's games
Arizona at N.Y. Jets, 1 p.m.
Carolina at Kansas City, 1 p.m.
Indianapolis at Detroit, 1 p.m.
Jacksonville at Buffalo, 1 p.m.
Seattle at Chicago, 1 p.m.
New England at Miami, 1 p.m.
Houston at Tennessee, 1 p.m.
Minnesota at Green Bay, 1 p.m.
San Francisco at St. Louis, 1 p.m.
Tampa Bay at Denver, 4:05 p.m.
Cleveland at Oakland, 4:25 p.m.
Cincinnati at San Diego, 4:25 p.m.
Pittsburgh at Baltimore, 4:25 p.m.
Philadelphia at Dallas, 8:20 p.m.

GOLF

PGA

WORLD RANKING

Through November 26

1. Rory McIlroy	13.61
2. Luke Donald	9.28
3. Tiger Woods	8.89
4. Justin Rose	6.66
5. Adam Scott	6.50
6. Lee Westwood	6.39
7. Louis Oosthuizen	6.35
8. Jason Dufner	5.74
9. Webb Simpson	5.61
10. Brandt Snedeker	5.56
11. Bubba Watson	5.39
12. Ian Poulter	5.13
13. Phil Mickelson	5.13
14. Steve Stricker	4.98
15. Keegan Bradley	4.90
16. Nick Watney	4.86
17. Peter Hanson	4.81
18. Matt Kuchar	4.79
19. Dustin Johnson	4.73
20. Ernie Els	4.64
21. Sergio Garcia	4.58
22. Zach Johnson	4.57
23. Bo Van Pelt	4.38
24. Graeme McDowell	4.30
25. Hunter Mahan	4.10
26. Jim Furyk	3.90
27. Paul Lawrie	3.77
28. Charl Schwartzel	3.72
29. Francesco Molinari	3.59
30. Rickie Fowler	3.55

LPGA TOUR

MONEY LEADERS

Through November 26

	Trn	Money
1. Inbee Park	24	$2,287,080
2. Na Yeon Choi	23	$1,981,834
3. Stacy Lewis	26	$1,872,409
4. Yani Tseng	24	$1,430,159
5. Ai Miyazato	23	$1,334,977
6. So Yeon Ryu	24	$1,282,673
7. Jiyai Shin	18	$1,234,597
8. Azahara Munoz	26	$1,230,751
9. Suzann Pettersen	24	$1,182,860
10. Shanshan Feng	19	$1,101,147
11. Mika Miyazato	20	$1,098,749
12. Karrie Webb	20	$884,973
13. Amy Yang	22	$844,305
14. Cristie Kerr	23	$837,314
15. Paula Creamer	23	$815,574
16. Angela Stanford	26	$794,294
17. Sun Young Yoo	23	$781,587
18. Catriona Matthew	20	$714,272
19. Anna Nordqvist	27	$688,703
20. Chella Choi	27	$634,622
21. Lexi Thompson	23	$611,021
22. Hee Kyung Seo	25	$600,403
23. Brittany Lincicome	24	$581,631
24. Brittany Lang	25	$575,263
25. Sandra Gal	26	$574,323
26. I.K. Kim	21	$561,302
27. Karine Icher	24	$541,532
28. Candie Kung	25	$485,963
29. Haeji Kang	24	$456,425
30. Jenny Shin	25	$447,731

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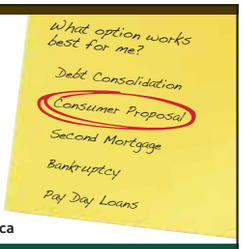

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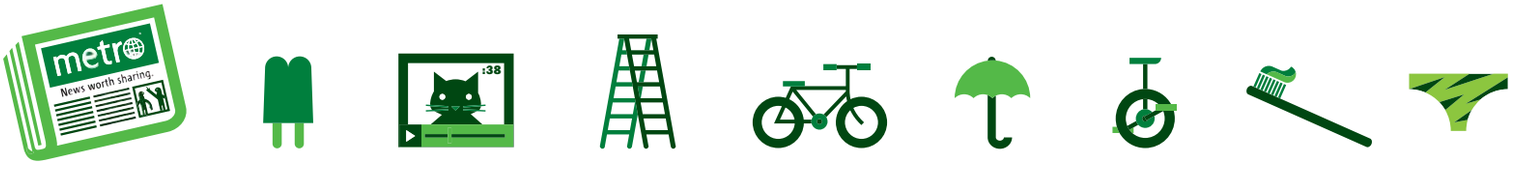

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Horoscopes

♈ Aries
March 21 - April 20
Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

♉ Taurus
April 21 - May 21
You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

♊ Gemini
May 22 - June 21
There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

♋ Cancer
June 22 - July 23
One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

♌ Leo
July 24 - Aug. 23
Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

♍ Virgo
Aug. 24 - Sept. 23
You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

♎ Libra
Sept. 24 - Oct. 23
Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

♏ Scorpio
Oct. 2 04 - Nov. 22
You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

♐ Sagittarius
Nov. 23 - Dec. 21
Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

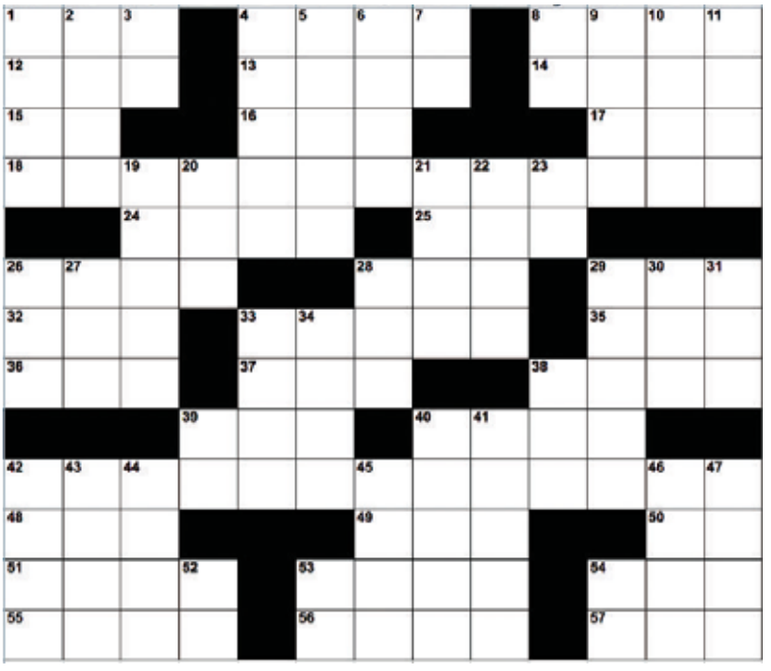
♑ Capricorn
Dec. 22 - Jan. 20
With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

♓ Pisces
Feb. 20 - March 20
Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. **SALLY BROMPTON**

Crossword

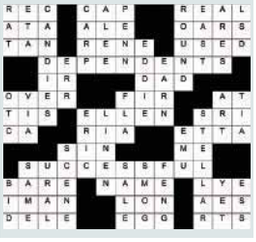
BY BETTY MARTIN



Across
1. Tennis serve
4. Wash
8. Land measure
12. Eggs
13. Greek God of Love
14. Someone who gets things done
15. Egg choice (abbr.)
16. Thing, in the courtroom
17. —: Crime Scene Investigation
18. Put off until tomorrow
24. Puts down
25. Dora the Explorer iguana
26. Cheryl or Alan
28. Building extension
29. Eggs partner
32. Onassis nickname
33. Large wooden box
35. Schnozz ending
36. Sault — Marie
37. Soak
38. Amazed
39. Canadian Automobile Association (abbr.)
40. East Indian dress
42. Escort
48. Poor grade
49. Form of address
50. Shoe width
51. The younger Guthrie
53. Clothes label seen often: —- in Canada
54. — and the City
55. Thaw
56. Mimicked
57. Pesticide

Down
1. Wind around
2. "Somewhere — the Rainbow"
3. University deg.
4. Small fruit
5. Sites
6. Throw the ball
7. Grades 9-12 (abbr.)
8. Commercial
9. Actress Imogene —
10. Take a break
11. A great lake
19. — but goodie
20. Rascal
21. Lean to one side
22. Survivor location, sometimes
23. Sha – Na
26. Nevada city — Vegas
27. Carney of The Honeymooners
28. Have a meal
29. Comedian Mandel
30. Lager
31. — Men
33. Study hard for a test
34. Gather
38. Upper appendage
39. Denver state
40. Mean
41. Hung out to dry
42. Sandler or Levine
43. Membrane
44. Prison room
45. Anon
46. Has to have
47. Send a phone message
52. Bible pt.
53. Mate for Pa
54. Neighbour of ND

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5				6				8
	6				3	7	1	
	3		7	4				
	1					6		
7		4				2		3
		9					4	
				3	9		2	
	5	8	4				3	
1				2				5

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